

Hi Everyone,

Welcome to CanSkate, Skate Canada's flagship learn-to-skate program! CanSkate is geared towards beginner skaters of all ages- skaters will earn badges and other incentives as they learn fundamental skating skills in Balance, Control, and Agility.

My name is Daniela, and I am one of the coaches here at the Kimberley Skating Club. Please direct any questions or concerns about any of the following information to [headcoach@kimberleyskatingclub.com](mailto:headcoach@kimberleyskatingclub.com) and I will get back to you as soon as possible!

### **Important Information:**

#### **Who teaches CanSkate?**

NCCP- certified professional coaches (Jessica, Kelsey, Genevieve and Daniela), assisted by trained program assistants.

#### **What will you learn?**

A complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating. CanSkate uses nationally-tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster.

#### **What can you expect?**

Action, movement, and fun! Lessons are given in a group format with a coach/PA-to-student ratio of a maximum 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.

#### **What do you need to participate?**

- Skates (please check that they have been sharpened prior to skating)
- CSA- approved hockey helmet (no goalie masks)
- Mittens/gloves
- Long Pants
- Warm Sweater or Jacket

Please note that in order to participate in the Canskate program, your child **must** be able to fall down and get up on their own as well as move forward unassisted. If your child is not able to do so yet, please register them in our Pre-Canskate program.

### **Schedule Canskate**

November 24<sup>th</sup> - January 21<sup>st</sup> on Mondays from 4:30-5:15pm and Wednesday's from 4:45-5:30pm.

**Schedule Pre-Canskate**

November 24<sup>th</sup> - January 21<sup>st</sup> on Mondays from 4:45-5:15pm and Wednesdays from 5:00-5:30pm. Skaters will start with an off ice warm up before going on the ice. This will happen by the gate that we use to enter the ice.

**Entry**

Skaters will be entering the arena through the Creek side doors. These are the doors to the left of the arena when looking at the main entrance. The dressing room # assigned to the skaters will be on the white dressing room sign board to the left as you enter the arena.

**Calendar of Events**

Please check the front page of our website for Canskate & Pre-Canskate information and updates.

We will be hosting a Family Skate before the holiday break on December 17<sup>th</sup> from 3:30 - 5:30pm. All family members are invited to take part with their skaters. Everyone will need to wear a CSA approved helmet regardless of level and will need to sign in at the ice entrance on the day of. There will be hot chocolate, and we invite everyone to bring a favorite holiday treat to share.

We will break for Christmas after December 17<sup>th</sup> and resume on January 5<sup>th</sup>. On January 14<sup>th</sup>, we will have a Jersey Day where skaters show their support for their favorite team, be it hockey, football, soccer or any other sport.

We are looking forward to working with your kids and sharing the fun of the sport!

Thanks everyone and happy skating!

Kind Regards,

Daniela Hewison