



Canskate Program Information 2016-2017

Welcome and thank you for registering your child in the Charlottetown Skating Club's CanSkate Program. Skating lessons are a fun and exciting challenge for young children. Our Skate Canada Certified Professional Coaches are fun and enthusiastic individuals who are committed to providing quality skating programs for our members. But parents please remember that ice is slippery and hard, not all children feel comfortable on the ice right away. Our coaches are well-trained in alleviating skater's fears, just be patient and your child will soon be gliding across the ice with a smile on their face!

[Canskate-Session 1](#)

Thursdays 5:30-6:15pm and/or Saturdays 9:00-9:45am

This program is designed for skaters who have no skating experience, or limited skating experience. Instruction is provided through the use of music, games and play.

Pre-Canskate and Canskate Stage 1

[Canskate- Session 2](#)

Thursdays 6:15-7:00pm and/or Saturdays 9:45-10:30am

Basic skill development continues on this session with skaters progressing at their own rate and coaches making sessions active using teaching aids, music, and a wide variety of activities that create a fun environment that promotes learning.

Canskate Stages 2-6

Tips for Success:

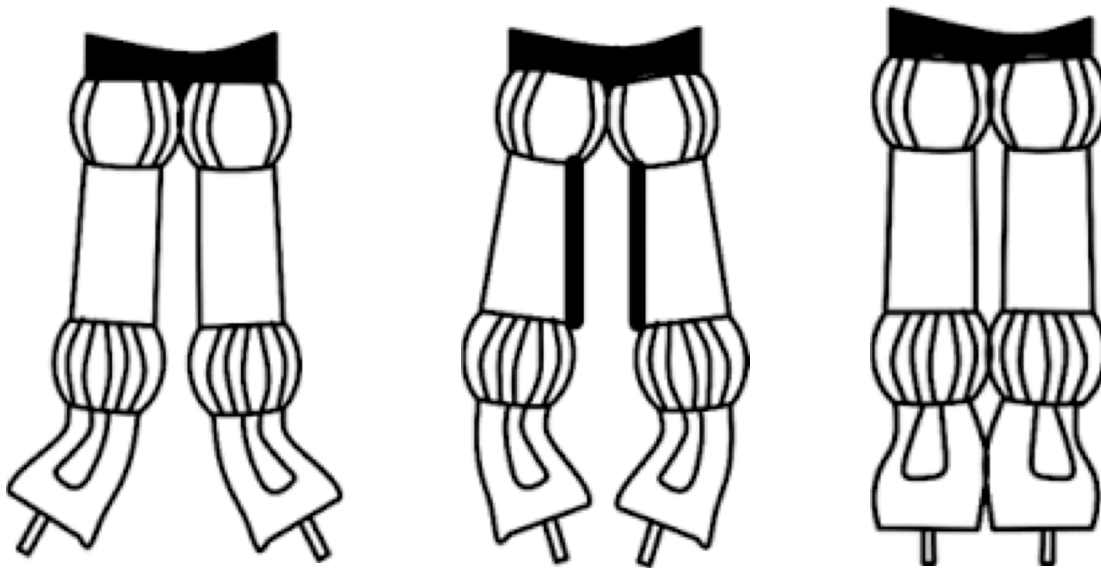
Skaters need to remain warm and dry for the entire session, we suggest layering waterproof clothing. For young skaters snow pants are recommended, older skaters may prefer to wear splash pants. No jeans as these can become very cold on the ice when they get wet. Mittens or gloves on hands are necessary in order to keep hands warm.

Putting skates on and off in the lobby or stands can create congestion. Skaters will be assigned dressing rooms. Please check the bulletin board at the entrance to the rink and use the assigned dressing room. The dressing rooms are small so please **only 1 parent needs to be in the dressing room helping their skater**. Skaters should only walk on the rubber flooring and never on concrete unless they are

wearing hard plastic blade covers/skate guards.

Equipment:

Skates are the most important tool a skater has on the ice. We recommend lace up skates that fit snugly and support the ankles. **We do not recommend Velcro enclosure skates.** These skates must be sharpened. Skates can be sharpened at a few places in town: Sport Chek, “Chuckies Sports Excellence”, and Frizzell Skate Sharpening in the CARI complex at UPEI. We recommend sharpening skates at the beginning of each season in October and again in January if you are skating from October to March.



Poorly Equipped Skater

Poorly Equipped Skater

Properly Equipped Skater

Helmet Policy: All Canskate participants up to and including stage 5 must wear a regulation CSA approved hockey helmet that properly fastens and covers the entire head. Until your Canskater is able to balance and skate efficiently we also recommend a face cage on the helmet to protect their face. **There are no exceptions to the helmet rule, no matter what the reason. They will not be allowed on the ice without an approved helmet.**

Where do we go on the first day?

The first day can always be a bit hectic for everyone so you may want to give yourself some extra time to have your skater ready to get on the ice in time for his or her session. When you arrive at the **Simmons Arena** on the first day, please have your child get ready in the designated dressing room. Once you have your child's

skates on there will be a table set up in the lobby where you will find your child's nametag. Please make sure your child has their nametag attached to their coat before making their way to the ice. Once they have their nametag the skater can go directly to the appropriate ice rink door. The assistants will help the skaters onto the ice for the 5 minute warm-up using the entire ice surface. Then the skaters will be divided into groups for lesson time.

Where do we enter the ice surface?

Skaters will learn to enter onto the ice through one door and exit off the ice through a different door. This will be organized in the first couple of sessions.

Where do parents watch?

Once your child is on the ice, please go up to the stands or to the warm room upstairs to watch the session. This allows the coaches to have their group's full attention during the lesson. **Note: Parents are not to be at the boards as it can be too distracting for our skaters and coaches. Parents are not allowed on the ice surface for any part of the Canskate session.**

How are the skaters divided into groups?

Skaters are placed in groups according to skating ability and age. The ice is divided up into groups and there may be as many as six different groups during one session. It usually takes a few weeks to assess all of the groups and move skaters according to their ability, so please be patient, and we will check every child to make sure they are in the right group. Lessons have been developed using a circuit training model, meaning skaters will move to different stations and will access different coaches during their ice time.

FOR MORE INFORMATION

Please take a few moments to look at the bulletin board in the arena lobby for important notices. You can also visit our website for more info:

www.charlottetownskatingclub.ca

******Time Change for first Saturday of Canskate******

October 1st only- Simmons Arena

Session 1- 2:45-3:30pm

Session 2- 3:30-4:15pm

We will be having a welcome to Skating BBQ after each skating session on October 1st!