

Edmonton Synchronized Skating Club CanSkate Program



CanSkate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. The coach to student ratio is a maximum of 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. CanSkate is the feeder program to all other Skate Canada Skating Programs.

Pre-CanSkate (ages 3-5) is geared toward children with little to no skating experience. Skaters are on the ice for 30 minutes at a time. Children are introduced to basic skating through action songs, games and play.

Children under the age of three will be accepted at the discretion of the program coordinator. Children need to be able to stand on their own in their skates (not on the ice).

Parents do not accompany their children on the ice.

Learn-to-Synchro is combination of a 45 minute CanSkate class followed by a one hour introduction to synchronized skating. It is recommended that skaters complete stage 3 of the CanSkate program before moving up into this program. The overall goal of the Learn-to-Synchro program is to introduce skaters to the team sport of synchronized skating.

Why sign up for CanSkate?

CanSkate is Canada's only national learn-to-skate program. It was developed by experts to teach the fundamentals of skating in a progressive and sequential manner.

When you/your child registers for a CanSkate program at your local Skate Canada club, you also become a member of Skate Canada, the national sport governing body for figure skating in Canada. Membership benefits in the CanSkate program can include:

- badges
- stickers
- tattoos
- coloring sheets
- parent information sheets
- progress updates and report cards

special CanSkate events and club functions
CanSkater of the Year award program
opportunity to be talent-scouted
opportunity to participate in a positive healthy lifestyle activity

What can I expect during a typical CanSkate session?

Your child's CanSkate session will include:

- Warm-up
- Lesson time - new skill instruction, skill review and practice time
- Group activities
- Cool down

Report cards and earned badges are issued on the last day of the session. The six stage badges of the program are:

Stage 1 - Balance
Stage 2 - Glide Forward
Stage 3 - Glide Backward
Stage 4 - Edges
Stage 5 - Power
Stage 6 - Speed

Registration Information

- A completed registration form and payment holds your spot in a class
- You will be notified if your choice full
- Completed registration forms and payment may be mailed to:

Edmonton Synchronized Skating Club
123 Camelot Avenue
Leduc, AB T9E 4L2

- Registration forms are available on line
- Additional questions or completed forms can be emailed to: scalesg@hotmail.com

Etiquette

- Please have your child at the arena on time, dressed and ready to go on the ice at the scheduled session time
- Please use the assigned dressing room. Signs are posted on the arena dressing room entries.

Equipment

Needed: Skates, Helmet, warm clothing and mittens

Skates:

- For CanSkate hockey or figure skates are acceptable
- We recommend the following stores for purchasing skates:

Professional Skate
9216-51 Ave 438-9059

United Cycle
16972-111Ave 481-5532
10323-78 Ave 433-1181

- Before purchasing skates check carefully for:
 - Proper fit
 - Firm ankle support
 - Correct blade placement
- Staff at the above stores will help with the proper fitting of skates

Helmets:

- Helmets are MANDATORY
- A hockey helmet or specific skating helmet is acceptable as they wrap around the back of the head and are designed to withstand repeated bumps
- Fit should be snug

Clothing:

- Clothing should provide warmth but not restrict movement
- Layering of sweat suits, sweaters, ski jackets and long underwear or leotards is recommended. Bulky snowsuits can hinder movement.
- Warm mittens or gloves are a must