



What is CanSkate?

- A 45 minute program for young skaters ages 4-12 yrs.
- No previous skating experience is required.
- Designed for first timers to more experienced skaters.
- Skaters are taught in a group lesson format with a ratio of 1:10 by a certified professional skating coach, who ensures that the skaters are learning and working through each of the levels of this program.
- Children are grouped by ability, and skaters that are able to stand and move on their own begin working on the CanSkate badges.

How is the CanSkate program designed?

- The CanSkate program focusses on the development of three fundamental movements: Balance, Agility and Control, organized in six levels of learning know as Stages 1-6.
- The skills are progressively arranged from simple to complex with each level having a primary focus.
- Once the skills in each fundamental movement are mastered a ribbon is awarded.
- Once the skills in each level are mastered a badge is awarded.
- We keep track of your child's progression through the badges and group them accordingly. Skaters new to us are grouped on the first day.
- Report cards are issued on the final day of the session. If your child misses the final session your child's report card will be filed at the front reception area of Meadow Park Sports Center.

How does a CanSkate session run?

- Each session begins with a warm-up, with skaters moving around the "fast track"
- This is followed by station rotations, with skaters broken into smaller groups where they learn and practice new skills
- The session wraps up with a group cool-down and a closing "fast track"

What is the significance of the coloured balloons and stickers on their name tags?

Green - The Green group is typically younger in age and beginner skaters

Blue – The Blue group usually has minimal skating experience and may be slightly older than those in green.

Red - The Red group tends to be older in age and more advanced in their ability.

Who are the young adults on the ice during CanSkate?

Volunteer Program Assistants (PA's) work with the coaches to assist in effectively implementing the CanSkate program. Program Assistants have advanced skating skills and experiences and are trained by the club coaching professionals.

CanSkaters, with their assigned Program Assistant, rotate through coaches and stations throughout the session.

What equipment and clothing should my child wear?

All participants must have their own skates and CSA hockey helmets, wear mittens or gloves to protect and keep their hands warm, and dress in layers, wearing warm pants and a nicely fitted sweater and/or jacket. Avoid hoodies, baggy or long clothing items.

What kind of skates are required?

Both figure skates and hockey skates are fine for our learn-to-skate programs. Leather, lace up skates are preferable to vinyl. Molded plastic skates with velco or buckles closures are not recommended. "Bobskates" with the double blade are not suitable for our programs.

Where can I purchase skates?

The Whistler Skating Club has a supply of high quality, used skates for purchase. If you would like to purchase new, we suggest Skaters Edge in Coquitlam (<https://skatersedgeshop.com/>) or Cyclone Taylor in Vancouver (<http://www.cyclonetaylorfigskate.com/>).

Where do I get skates sharpened?

If you have a pair of good figure skates it is **highly recommended** to have them sharpened at either Skater's Edge or Cyclone Taylor. Hockey skates can be sharpened locally.

What kind of helmet should my child wear?

All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure all CanSkate participants up to and including Stage 5 must wear a CSA approved hockey helmet while on the ice. Skaters without a CSA approved hockey helmet will not be permitted to participate in the program.

Hockey helmets are designed to help protect against head injuries occurring on ice, whether from a fall or collision. A bicycle helmet, for example, is designed to protect against head injuries should a fall occur while riding a bicycle. It is important to ensure that when a skater is on the ice, they are protected with equipment designed for their sport or activity.

What level will my child participate in?

If you have already skated with us we have record of what levels you achieved last session. If you are new to us we will assess, and place your skater in the appropriate level during the first week.

How does my child progress beyond CanSkate?

Hockey Development (CanPowerSkate) is geared to young hockey players who want to improve their skating technique for increased power, strength, and coordination. This program will focus on and significantly improve skating skills such as crosscuts, forwards and backwards, and stop and starts. Skaters will have passed CanSkate Level 3 or higher and be 5 to 9 yrs and skate backwards crosscuts. [Click here](#) for details.

Figure Skating / STARSkate: The STAR Academy program is the next step for a skater who is working on CanSkate Stage 4, or demonstrates enthusiasm and the ability to commit to a more intense level of skating practice. This program is designed for children who love to skate and want to take it a level beyond CanSkate. Moving into the STAR Academy program offers skaters new opportunities to advance their skating skills. [Click here](#) for details.