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ONLY THE BEST

can bring out their best



Exciting news – CanSkate even better!



We have developed a new CanSkate program based on Sport Canada's long term athlete development (LTAD) principles. Exciting new features include a fresh new look, new awards, great tools for coaches and most importantly a tested and proven new curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster. But there's more! The new program also includes specific skills that pertain to hockey, ringette, speed skating and figure skating. The result is a dynamic new program that prepares all skaters for virtually every ice sport.

Skate Canada is also proud to have all its programs taught by professional coaches who are specially trained and certified through the National Coaching Certification Program (NCCP).

Our clubs from across Canada are excited as they prepare to welcome and serve learn-to-skate clientele from every walk of life, age and every interest level.

WHY SIGN UP FOR CANSKATE?

What is CanSkate?

CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Sport Canada's long term athlete development (LTAD) principles, CanSkate

centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

Who's it for?

For beginners of all ages, children or adults, as well as for those wishing to improve their basic skills whether their focus be for figure skating, hockey, speed skating or just skating for fun.

Who teaches it?

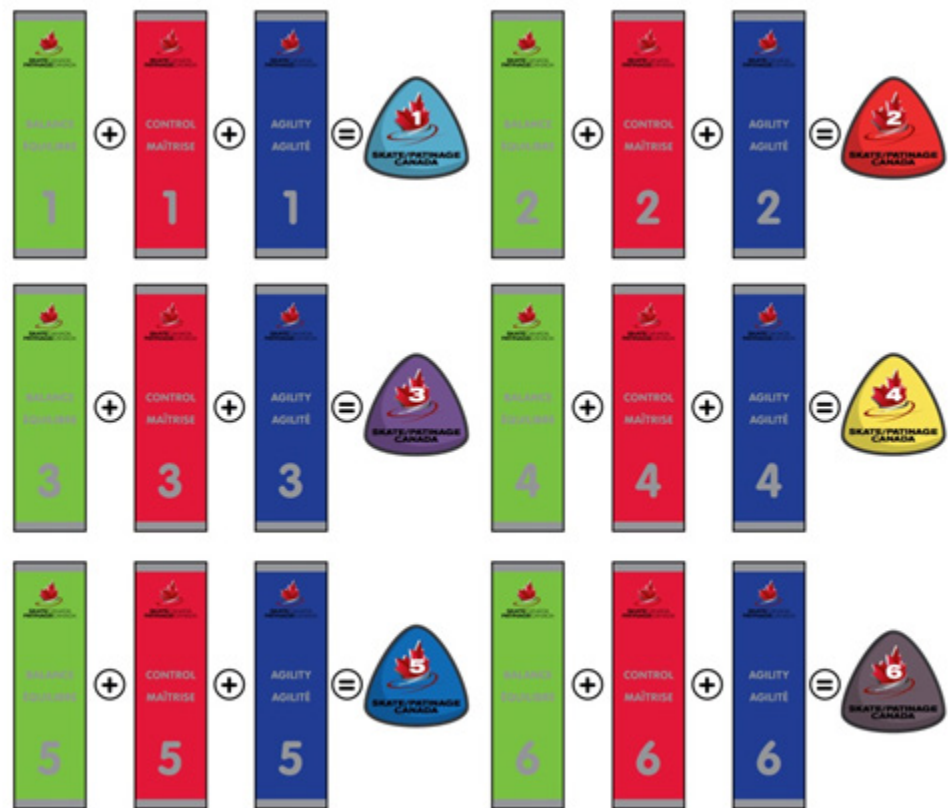
NCCP-trained professional coaches, assisted by trained program assistants.

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-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?

All you need are skates, a CSA-approved hockey helmet, long pants, mittens, warm sweater or jacket. Dress in layers – it will get warm!

Be a part of the fun – join a Skate Canada club today and learn to skate with CanSkate!

Important Links:

Skate Canada CanSkate - <http://www.skatecanada.ca/skating-programs/our-programs/canskate/>

Skate Canada CanSkate Video - <https://www.youtube.com/channel/UCsc7hNfnY3b65mZqXkVKNZw>

Skate Canada Facebook - <https://www.facebook.com/skatecanada>