

CanSkate offers the best curriculum in Canada.

The CanSkate program is geared to beginners of all ages...children 3+, adults, newcomers to Canada and athletes with a disability (AWAD). Whether you are looking to improve basic skating skills for figure skating, hockey, ringette or speed skating, or wish to skate for recreation, fitness or fun, CanSkate will get you there.

LEARN ABOUT
OUR PROGRAMS

Conducted in a fun, friendly environment, the CanSkate program showcases a comprehensive series of balance, control and agility skills, using a nationally-tested and proven curriculum that supports skater success in developing stronger basic skills on the ice.



Pre-CanSkate – Ages 3 and up

This Skate Canada National Program is a learn-to-skate program designed for children three and four years of age. Children are taught basic skating fundamentals, with a focus on continuous movement and creative play. Skaters in this program work towards completing their Pre-CanSkate ribbon.

CanSkate – Ages 4 and up

This Skate Canada National Program is a learn-to-skate program that teaches children, four years and older, the fundamentals of forward and backward skating, stopping, balance, turning, forward and backward cross-cuts etc. Beginner hockey and ringette players can also enhance their game by improving their skating skills with our program! Our CanSkate program is broken down into groups: **CanSkate AB (ages 4 & up) stages 1-3** and **CanSkate C stages 4-6**.

Teen/Adult PROGRAMS - Ages 13 and up

The Gloucester Skating Club is proud to offer **Learn-to-Skate** programs for **teens & adults** and also for those who wish to develop figure skating skills in a fun, recreational and safe environment.

OPEN CanSkate A/B/C - Ages 4 and up (stages 1-6)

The “whole family” can learn to skate TOGETHER, on our OPEN CanSkate session A/B/C for 4 years and up. The GSC coaches are there to help all the family members learn to skate!



BADGES - TEACHING PROGRESSIONS

There are six 'stage' badges to complete in the CanSkate program. Each stage incorporates skills focusing on the fundamental movements of **Agility**, **Balance** and **Control**, the **A B Cs** of skating. Each stage also includes 'extreme' skills to challenge the skaters. The skaters are evaluated on a day-to-day basis and awarded badges as they learn the required elements.

Skaters progress at their own speed as coaches assess on a continual basis. Skate Canada certified coaches provide a **"focus on fun"** that creates the best quality learning environment possible. A maximum **skater to coach ratio of 10:1** is maintained. Hockey and ringette players can also enhance their game by improving their skills within this program. As the skater progresses through the stages in the CanSkate program they will become eligible to move into the Skate Canada test stream.



PRE-CANSKATE / CANSKATE CHECKLIST



**HOCKEY OR FIGURE
SKATES**



**WARM JACKET, SNOW-
PANTS AND HAT**



**WARM WATERPROOF
GLOVES OR MITTENS**



**CSA APPROVED
HELMET (CAGE OPTIONAL)**

