



GLOUCESTER SKATING CLUB

Pre-CanSkate, CanSkate & OPEN CanSkate "A", "B", "C"

PARENT INFORMATION - FALL 2023/WINTER 2024

Welcome to all our new and returning members! We're looking forward to a great season of skating!

We offer lessons to skaters as young as 3 years to teen/adults of all ages.

What can we expect?

Skating lessons are a fun and exciting challenge for young children of all ages. Our Skate Canada Certified Professional Coaches are fun and enthusiastic individuals who are committed to providing quality skating programs and instruction 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!

Where do we go on the first day?

1st session only

You will be met by a GSC representative, in the lobby of the West End Entrance. Your child will be assigned to a dressing room or they can change into their skating gear in the lower lobby area. Once your child is ready, proceed to the Manley rink door off the lower lobby area. Your child's name tag will be inside the rink, on the CanSkate table. Once the name tag is on your child, walk down the boards to center ice to meet the coaches. This same process will be used for the rest of the session but there will not be a GSC representative.

All Sessions:

The group happy faces will be rink side at Manley rink on the CanSkate table, please find your child's name tag on the correct colour and place it on their clothing before they enter the ice surface. The coaches will assist the skaters on to the ice for the 5-minute warm-up using the entire ice surface. Then the skaters will be divided into their correct colour groups for the lesson time. Groups will rotate through two lesson stations and the Fun Zone while working on the fundamental movements of Agility, Balance & Control: the ABCs of skating. Skaters will be working on group circuits during their lesson stations and in the Fun Zone. Coaches and skaters will use the entire ice surface during warm up, fast track, group activity and cool down. This approach can look hectic but is most advantageous to the skater. Our goal is to provide a challenging and fun atmosphere where the skaters can reach their potential while having a good time!

Where do we enter the ice surface?

To control the flow of skaters, we ask that skaters enter the ice surface from the middle of the rink at the start of the class and exit at the side door when the class is over. Once your child is on the ice, please go up to the stands to watch the session. This allows the coaches to have their group's full attention during the lesson. **Parents are asked to remain in the arena during the session. Coaches will not be able to leave the ice surface if your child needs to use the washroom, hurts themselves, etc. A parent must also be present in case of an emergency like a power failure in the building.**

What happens during the session? Pre-CanSkate Only

Skaters are greeted by our coaching staff as they enter the ice surface each week. The class starts with a warm-up and exercises to music, followed by a group lesson time. Then our coaches lead the skaters through a series of games and group activities incorporating the skills the skaters have learned in their lesson time. The session is set to music with the focus on continuous movement and creative play while learning basic skating fundamentals. The coaches will move from circuit to circuit with their designated group of CanSkaters.

How are the skaters divided into groups?

Skaters are placed in groups according to skating ability and age. A portion of each class is the group lesson. It usually takes a few weeks to assess all 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.

Do you provide French instruction?

We do our very best to provide French instruction upon request, but skating ability will always be our priority. **This means we cannot guarantee French instruction.** Each session has French speaking coaches available along with our volunteer Program Assistants who assist our English-speaking coaches. Please let us know at registration time if you would like a French speaking coach and we will do our best to provide one.

What should my child wear?

Wear clothing that is comfortable, warm, and light and allows your child to move freely. Make sure to layer clothes so they can remove or add a piece of clothing to suit changing temperatures and exertion levels. Do not forget your gloves.

Does my child need a helmet?

All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure **ALL CANSKATE and Adult CANSKATE** participants up to and including Stage 5 must wear a **CSA APPROVED HOCKEY HELMET WHILE ON THE ICE.**

Markers/ Bingo Dabbers

The coaches will be using markers/ bingo dabbers on the ice when drawing out the skater's circuits. The marker/bingo dabber may rub off the ice if your child falls, so please dress your child in dark clothing. We cannot guarantee the marker will come out in the wash.

Skates & Skate Sharpening

Skates are the most important tool a skater has on the ice. Skate Canada working in conjunction with national partner Canadian Tire have developed a program to help make your child's CanSkate on ice experience both positive and fun. The Gloucester Skating Club has teamed up with our local Canadian Tire store on Innes Road to create a 10% discount coupon on all regular and sale priced CanSkate supplies for our members. ***(Refer to our Resource Portal tab of our website.)***

You can find skates, CSA approved helmets, skate guards and Skate Canada skate bags to outfit your child for their first day of skating lessons.

Here are some things to take into consideration when purchasing skates and CanSkate supplies for your child:

- Skates should fit snugly and provide support to the ankles. We recommend lace up skates (recreational, hockey or figure); we do not recommend any of the moulded/plastic skates ('grow with me', Cars and Frozen skates are not suitable for CanSkate).
- Canadian Tire offers a girls' recreational lace up skate made by Reebok, a new line of Jackson figure skates and their complete line of hockey skates that would all be suitable for CanSkate. **Please look for the 'CanSkate approved' on the skate wall at Canadian Tire Orleans.**
- **All skaters working on Stages 1 - 5 must wear a CSA approved hockey helmet for their CanSkate lessons.** Bike and ski helmets will not be acceptable. Canadian Tire offers a complete line of CSA approved hockey helmets for purchase.
- **Other items to consider include a skate bag and skate guards**

Providing your child with appropriate skating equipment will help them improve their skating skills more quickly and will make their on-ice experience more enjoyable.

Our club also sells a good selection of second-hand skates, year round. To arrange a time to try on skates please contact gm@gloucesterskatingclub.ca Are you wondering where to take your child's skates for sharpening? We recommend the skate sharpening shop 'Final Pass' at the Ray Friel Recreation Centre and '**Figure 8/Hockey One**' on Industrial Ave. These shops will provide you with a good recreational sharpening. Refer to our Resource Portal tab on our website for additional details.

More Questions?

If you have any questions, please email our Club Administrator, Cindy Lacelle, at info@gloucesterskatingclub.ca.