



Oshawa Skating Club

History of Success and a Future of Excellence

CanSkate

(Learn to Skate)

What is the CanSkate program?

Our CanSkate program is for skaters who are 4 years of age and up (or who have passed their Pre-CanSkate Certificate).

CanSkate, Skate Canada's flagship program is one of the most sought-after skating programs in Canada. CanSkate was developed by experts to teach the fundamentals of skating in a progressive manner. Designed for beginners of all ages, the focus is on fun, participation and basic skill development. Participants earn ribbons and badges as skills are mastered. Skaters are taught in a group lesson format by Skate Canada professional coaches and supported by trained program assistants.

CanSkate is the foundational and feeder program for all other Skate Canada club and community ice sport programs. The CanSkate learning environment is enhanced through fun, music and colourful teaching aids and props along with praise and feedback from coaches. This unique intro-to-ice environment is designed to stimulate and maintain interest and enthusiasm among skaters, allowing participants to gain the physical competency and confidence to remain active for life!

Program Objectives:

- To provide participants and families with a safe, welcoming and inclusive first experience to the sport of skating.
- To develop skating and motor skills through natural learning phases (introduction, acquisition, retention/mastery).
- To use skill progression and repetition throughout the stages to introduce physical literacy and establish quality basic skating skills.
- To foster personal achievements and satisfaction through skill acquisition, reward and recognition.
- To evoke an interest in life-long participation in skating.





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Where and When does it run?

The CanSkate program is 50-minutes in length and is offered at Campus Ice Centre and Legends Centre. Please see our current season's schedule for specific times and program location.

What should my skater wear?

We recommend that CanSkaters dress warmly and in layers. Coats or thick sweaters and warm pants covered with splash pants will protect clothing. Please note we use permanent markers to draw our circuits on the ice. Thicker mittens are also recommended (not hockey gloves). Helmets are mandatory. As skaters progress through the badge levels they may require fewer layers of clothing, and girls may opt to wear a favourite skating dress.

Who teaches the program?

The CanSkate program is taught by Professional Coaches who are assisted by trained Program Assistants (usually older volunteer skaters).

How Does a Typical Session Run?

1. When you first arrive at the arena, please check in at the 'Welcome Table'. There you will find your skater's name tag, indicating which group your child is in.
2. Proceed to one of the designated dressing rooms to put on skates and helmet.
3. All skaters then line up at the entrance door to the ice surface.
4. CanSkaters will be greeted at the ice surface door by one of our Program Coordinators and assisted onto the ice where they will follow a Coordinator and Program Assistants in a warm up around the rink. At this time parents can watch from the arena seating or the lobby area. No parents will be permitted in the players/penalty boxes.
5. After warm up, skaters will break up into their coloured groups. The skaters are grouped based on skating level and age where possible.
6. Skaters will spend their lesson rotating through different stations on the ice to work with different coaches on different skills. The skaters are taught, spend time practicing and reviewing their skills in circuits. There is also a 'Fast Track' around the perimeter of the ice where skaters work on their speed.
7. The program concludes with a group activity and cool down.
8. At the completion of the 50-minute program, skaters will be brought back to the same door they entered the ice to meet their parents.
9. Once skaters have their skates off, they should return their name tag to the 'Welcome Table' where they will receive their reward for a great effort at skating!





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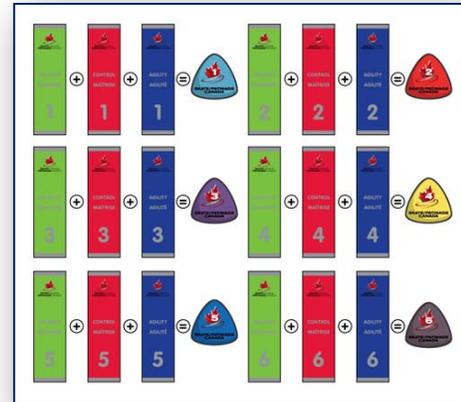
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How are ribbons and badges earned?

The CanSkate program curriculum is organized into six progressive stages of learning. Each stage is broken down into three *Fundamental Areas*:

- **Balance:** Concentrating on forward skills, pushing technique, and edges
- **Control:** Concentrating on backwards skills, stopping and speed elements
- **Agility:** Concentrating on turning and jumping skills

To pass a stage, skaters must achieve all *Fundamental Area* ribbons (Balance, Control and Agility) from the corresponding stage which will earn them a completion badge. The skill requirements for each *Fundamental Area* are indicated on a **report card** that each skater will receive at the end of a session.



How long does it take to complete the CanSkate program?

Every skater is different and all skaters progress at different rates. It often depends on the age of the skater, and readiness to participate in the program.

What's after CanSkate?

Once your skater has completed their Stage4 badge (or at the recommendation of a coach), your skater has 3 options:

1. Figure skating - they are eligible for our PreStar program where they will continue to complete their CanSkate Badges, while being introduced to additional figure skating skills.
2. Hockey/Ringette (or just prefer to skate in hockey skates) - they are eligible for our Learn to Skate for Hockey program where they will continue to complete their CanSkate badges with a focus on hockey skills such as edges, turning, stopping and crossovers.
3. Remain in the regular CanSkate program to finish their badges.





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Considering private lessons?

CanSkate is a group lesson program. If you wish your skater to have private lessons in addition to their CanSkate lessons, you can choose to register for PLB (Private Lessons for Beginners). There are additional fees for this extra session. You and your skater would decide which coach you would like to book your private lesson with – a list of professional coaches affiliated with our club is on our website www.oshawaskating.com. It is up to you to contact your preferred coach directly to book lessons. Typically, during the PLB session a skater would book a 15-minute lesson and then practice for the remaining time on their own. Some coaches offer semi-private lessons as well.

Questions?

If you have any questions during the program, please visit the Welcome Table and they will answer your question or refer to you someone who can! The Program Coordinators will be available before or after lessons to answer questions as well, or you can send them an e-mail at canskate@oshawaskating.com.

Tips for success:

- Ensure your skater is dressed warmly in layers.
- Ensure that skates are of a good quality and blades sharpened periodically.
- Consider skating more than once a week – the more a skill is practiced, the faster it can be achieved.
- Remind your skater that you will be sitting in the arena seating to cheer them on!

