



PRECANSKATE INFORMATION PACKAGE

WHAT IS THE PRECANSKATE PROGRAM?

Our Pre-CanSkate program is for skaters who are 3 years old. The objective is to get these young skaters comfortable on the ice.

Where and When does it run?

Pre-CanSkate is 30-minutes long and is held on the same scheduled ice as our CanSkate program. Please see our current season's schedule for specific times and locations.

What should my skater wear?

We recommend that Pre-CanSkaters dress warmly and in layers.

- Coats or thick sweaters and warm pants covered with splash pants will protect clothing as we often draw pictures on the ice with permanent marker.
- Mittens or gloves are required, thicker mittens are recommended.
- CSA Hockey helmets are mandatory, and face masks are recommended at this level.

WHERE DO I GET SUPPLIES, EQUIPMENT?

We have an OSC Boutique that sells new and used items, in a partnership with the Figure Skating Boutique. Our volunteer run boutique is the Club's single largest fundraiser. Other places are Figure Skating Boutique, and other sports stores.

The boutique also accepts items on consignment.

If you need something, want to sell something, and want to help the Club in the process please email simalice@bell.net.

Who teaches the program?

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





WHERE AND WHEN DOES IT RUN?

PreCanSkate sessions are 30 minutes long and offered at one of 2 locations-

- Campus Ice Centre
- Delpark Homes Centre.

PLEASE be sure to check the current schedule to see the location.

To ensure a skater's success within the PRECANSKATE program, we recommend a commitment of 1 session a week.

PLEASE be aware the more your skater in PreCanSkate gets a chance to just walk around in the house with their skates and equipment on the more confidence they will build.



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How Does a Typical Session Run?

- 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.
- Proceed to one of the designated dressing rooms to put on skates and helmet.
- All skaters then line up at the designated entrance door to the ice surface.
- The Pre-CanSkate program will run in a special area on the ice designated for the Pre-CanSkaters.
- Coaches and/or Program Assistants will greet your skater at the entrance to the ice surface where their lesson will begin with a 5 minute off-ice warm up. This warm up will get the skaters comfortable with moving in their equipment, and get them focused to begin their on-ice portion of the lesson.
- Once the warm-up is over the coaches and Program Assistants will bring them to the Pre-CanSkate area on the ice.
- We encourage parents to watch from the arena seating or the lobby area. No parents will be permitted in the players/penalty boxes.
- The Pre-CanSkaters will spend their on-ice time rotating through different activities. It may look like play, but it is all done to increase a skater's comfort level on the ice, and confidence in their balance to begin skating.
- Skaters will typically begin standing on foam mats, and as their confidence improves will begin skating on the ice with assistance, and finally on their own!
- At the completion of the 30-minute program, the skaters will be brought back to the exit door, where there will be a sign and an adult volunteer will assist them to meet their parents.
- Once the skaters have their skates off, they need to return their name tag to the 'Welcome Table' where they will receive a sticker in exchange for their name tag for a great effort at skating!



CanSkate

How long does it take to complete the Pre-CanSkate program?

Every skater is different and all skaters progress at different rates. Some skaters will complete the Pre-CanSkate program in one 3-month session, where others may take multiple sessions. It often depends on the age of the skater, and readiness to participate in the program.

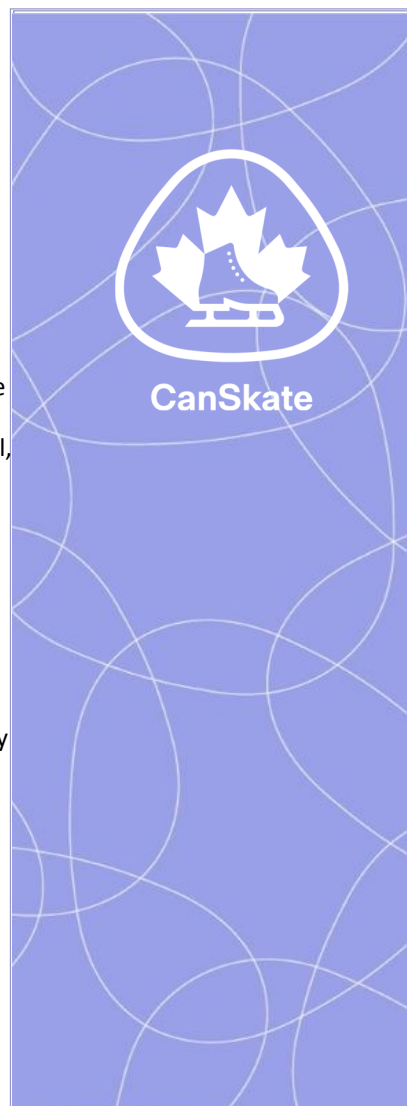
What's after Pre-CanSkate?

Once your skater turns 4, or has completed their Pre-CanSkate ribbon, they move on to the CanSkate program. 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 CanSkate Coordinators will be available before or after your child's lesson to answer questions as well, or you can send them an e-mail at programs@oshawaskating.com.
has completed their Pre-CanSkate certificate, they move into our CanSkate program.

Questions?

Tips for success:

- Have your skater try on their skates and helmet at home in a familiar environment.
- Try to have your young skater walk around in the skates (with guards on) by taking very small steps.
- Encourage them to sit down and try to stand up again. This will all be very difficult at first with all their equipment on.
- Prepare your skater for their lesson – let them know that you will be watching them from the arena seating and will be cheering on their every accomplishment!



OSHAWA SKATING CLUB

For Questions about-

MEMBERSHIP-
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PROGRAMS-
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