



CanSkate

Revised
July 12th, 2023

TEEN/ADULT Learn to Skate INFORMATION PACKAGE

WHAT IS THE TEEN/ADULT LEARN TO SKATE PROGRAM?

Our Adult Learn to Skate program is for adult skaters who wish to learn to skate, or improve on their current skating ability. Skaters can choose to complete CanSkate badge levels, or just skate for fun and fitness!

CanSkate is the foundation 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 with a safe, welcoming and inclusive experience to the sport of skating.
- To develop skating skills through natural learning phases (introduction, acquisition, retention/mastery).
- To use skill progression and repetition throughout the stages to 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.



CanSkate



WHERE AND WHEN DOES IT RUN?

Teen/Adult Learn to Skate sessions are 50 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 TEEN/ADULT LEARN TO SKATE program, we recommend a minimum commitment of 1 day depending on level. More days will yield better progress, depending on your skater's goals.

PLEASE be aware the more you skate in Teen/Adult Learn to Skate the better your muscle memory and the easier it will be to hit achievements



"To ensure a skater's success within the TEEN/ADULT LEARN TO SKATE, we recommend a minimum commitment of 1 day depending on level. More days will yield better progress, depending on your skater's goals."

WHAT DO I WEAR?

We recommend that teens and adults dress warmly and in layers.

- Warm comfortable, dark clothing to ensure no stains from markers. Please note we can use permanent markers to draw our circuits on the ice. Newer skaters can wear splash pants to protect you from wet clothes.
- Thicker mittens are also recommended (not hockey gloves).
- CSA hockey Helmets are mandatory, until the skater passes Stage 5.
- Good quality Figure or Hockey skills are recommended. Just ensure they tie up for better flexibility, comfort, and support. Skates with a snap buckle to close are harder to ensure the skate is tight, and are NOT RECCOMENDED!

As you progress through the badge levels you may require fewer layers of clothing.

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 Teen/Adult Learn to Skate program is taught by our team of Professional Coaches who are assisted by trained Program Assistants (usually older volunteer skaters).



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 name tag.
- Proceed to one of the designated dressing rooms to put on skates and helmet.
- All skaters then group together at the entrance door to the ice surface.
- Skaters will be greeted at the ice surface door by one of our Program Coaches and assisted onto the ice (when necessary).
- During the Adult session there will be a group lesson provided by a Professional Coach, as well as additional time to practice.
- Please return your nametag to the "welcome table"

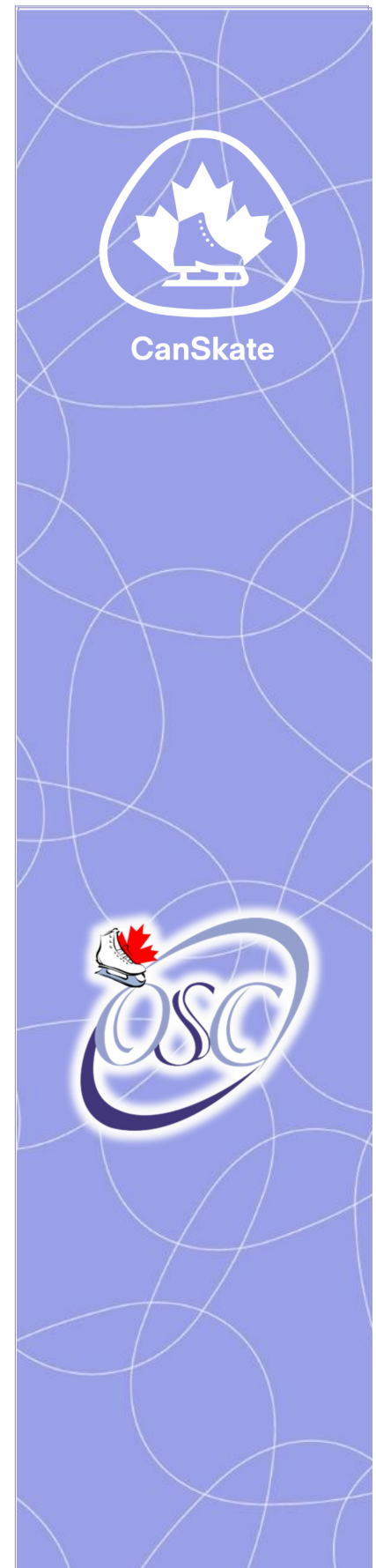
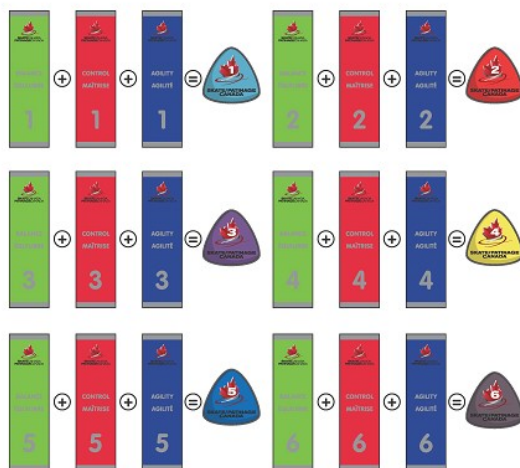
How are ribbons and badges earned?

The Teen/Adult Learn To Skate program uses the CanSkate curriculum, which 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.

Our Teen/Adult program is geared to each skater in a no pressure environment. You can just learn for fun, or ribbons and badges, or work towards Adult StarSkate to compete against other adults, or just to learn figure skating.



ASSESSMENTS OVERVIEW

	Stage 1	Stage 2	Stage 3
Balance	<ul style="list-style-type: none"> Fall down & get up 	<ul style="list-style-type: none"> Fwd 2-ft sculling 	<ul style="list-style-type: none"> Fwd stationary blade push
	<ul style="list-style-type: none"> Fwd push/glide sequence 	<ul style="list-style-type: none"> Fwd 2-ft to 1-ft glide 	<ul style="list-style-type: none"> Fwd 2-ft slalom
	<ul style="list-style-type: none"> Fwd 2-ft glide 	<ul style="list-style-type: none"> Fwd push/glide sequence Fwd 1-ft glide with speed 	<ul style="list-style-type: none"> Fwd circle thrusts Walking crosscuts
			<ul style="list-style-type: none"> Fwd 2-ft to 1-ft curve glide
Control	<ul style="list-style-type: none"> Snow slide steps 	<ul style="list-style-type: none"> Fwd stop 	<ul style="list-style-type: none"> Fwd stop with speed
	<ul style="list-style-type: none"> Bwd 2-ft skating/walking 	<ul style="list-style-type: none"> Bwd 2-ft sit glide 	<ul style="list-style-type: none"> Bwd 2-ft sculling
	<ul style="list-style-type: none"> Bwd 2-ft glide 	<ul style="list-style-type: none"> Bwd 2-ft to 1-ft glide Bwd push/glide sequence 	<ul style="list-style-type: none"> Bwd 2-ft to 1-ft glide Bwd push/glide sequence
			<ul style="list-style-type: none"> Bwd 1-ft glide
Agility	<ul style="list-style-type: none"> 2-ft turn 	<ul style="list-style-type: none"> Fwd 2-ft turn 	<ul style="list-style-type: none"> Fwd 2-ft quick turn
	<ul style="list-style-type: none"> 2-ft jump 	<ul style="list-style-type: none"> Bwd 2-ft turn 	<ul style="list-style-type: none"> Bwd 2-ft quick turn
	<ul style="list-style-type: none"> Fwd skating perimeter of ice 	<ul style="list-style-type: none"> Fwd 180° glide turn Fwd 2-ft jump 	<ul style="list-style-type: none"> Fwd 360° step turn Bwd 2-ft jump
			<ul style="list-style-type: none"> Fast fwd perimeter skating



CanSkate



	Stage 4	Stage 5	Stage 6
Balance	• Fwd crosscuts	• Fwd crosscuts Figure-8	• Fwd power crosscuts
	• Fwd Inside slalom	• Forward Inside edges	• Fwd perimeter skating with crosscuts
	• Fwd Outside slalom	• Fwd push/glide sequence	• Forward Outside edges
	• Fwd drag	• Fwd perimeter skating with jumps	• Fwd 1-ft slalom
	• Fwd spiral	• Inside spread eagle	• Fwd shoot the duck
	• Drop-down drill	• Fwd 1-ft slalom	• Fwd perimeter skating with side stops
	• Fwd "v" start	• Running lateral crossovers	• Fwd spiral on a curve • Fwd "crossover" acceleration
Control	• Bwd stop	• Fwd 2-ft side stop	• Fwd 1-ft side stop
	• Bwd circle thrusts	• Bwd stop with speed	• Fwd 2-ft side stop with speed
	• Bwd 2-ft slalom	• Bwd crosscuts	• Bwd outside Slalom
	• Bwd 1-ft glide with speed	• Bwd Inside slalom	• Bwd crosscuts figure-8
	• Fwd 1-ft glide from blue line to blue line	• Bwd push/glide sequence	• Bwd perimeter skating with crosscuts
	• Speed drill #1	• Bwd spiral • Speed drill #2	• Bwd 1-ft slalom • Bwd 1-ft spin • Speed drill #3
Agility	• Fwd 1-ft turn	• Fwd 1-ft turn	• Fwd 180° stepturn (FI mohawk)
	• Bwd 360° stepturn	• Fwd 360° glide turn	• Bwd 180° stepturn (BO or BI mohawk)
	• Fwd to bwd 2-ft jump	• Fwd to bwd 1-ft jump	• 2-ft multi turns
	• Bwd to fwd 2-ft jump	• Fwd power jump	• Rotating power jump
	• 2-ft spin	• 1-ft spin	• Bwd toe-assisted jump
	• 2-ft sit spin	• Alternating foot spin • Fwd tight glide turns	• Bwd 360° 2-ft jump • Fwd 1-ft spin with spiraling edge • Fwd 2-ft reverse pivot jump



CanSkate



CanSkate

OSHAWA SKATING CLUB

For Questions about-

MEMBERSHIP-
membersrep@oshawaskating.com

PROGRAMS-
programs@oshawaskating.com

ASSESSMENTS-
testchair@oshawaskating.com

REGISTRATION-
admin@oshawaskating.com

PAYMENTS-
treasurer@oshawaskating.com



How long does it take to complete the Teen/Adult Learn to Skate 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 Teen/Adult LTS?

Once skaters complete their Stage 6 badge, they are eligible for our Adult Rec program where skaters can continue to advance through figure skating skills and begin testing and/or competing if they wish. At this point, you would need to select a private coach to work. Adult skaters may also choose to remain in the Adult Learn to Skate program.

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 programs@oshawaskating.com.

Tips for success:

- As there may be some individual practice time, it is recommended skaters review their skills
- Ensure that you are wearing a better-quality skate, as better equipment will assist in performing the more difficult skills easier.
- Consider skating more than once a week – the more a skill is practiced, the faster it can be achieved.

REMEMBER TO HAVE FUN!!