



Canskate Newsletter

WELCOME TO CANSKATE!



The Coaching Team

You will see several different members of our coaching team on the ice with regularity. Please know that you can be in contact with any of the coaching team members to ask questions or check in on your child's progress. Our main coaches are Andrea, Hannah, Kurtis, Myah and Lindsay. We love to get to know the fabulous parents of our wonderful skaters.

You will also see our more advanced and proficient skaters on the ice assisting with the delivery of the program. We value their commitment and passion to the sport so very much!

Grouping Week

During the first couple of weeks, your instructors will be working hard on assessing and grouping skaters. This is a necessary part of the process to make sure that each skater has an enjoyable and progressive learning experience. We thank you for your patience during this busy time period.

New to CanSkate? All our participants will be instructed in a circuit format where they learn basic skills such as standing and balancing, making snow, and jumping on the spot. There will also be "Fun" stations. They will play games, chase bubbles, and make wonderful memories on the ice. We love instilling a positive feeling towards skating for all of our new rising stars!

Equipment & Attire

All skaters are required to wear a **CSA approved hockey helmet** while on the ice. (This does not include bike helmets or ski helmets) This policy will be strictly enforced.

As far as skates are concerned, proper fit and **support** are essential to the safety and success of your skater. It is also very important that their skates are sharp and ready to go.

For young skaters in our CanSkate Program, a warm pair of pants and sweater or jacket with mitts or gloves is suitable. Snowsuits can be bulky and hinder your child's progress. Scarves must be tucked in and jackets zipped up at all times. Pants should not be baggy and must not fall below the ankle.



Badges & Report Cards

There are 6 stages of learning in the CanSkate Program. Each stage focuses on the development of six fundamental movements that are needed for all ice sports. The skills are arranged in progressions, from very simple to more complex. Each stage has a primary focus. Badges are also awarded when all the fundamental movements are mastered. Report cards and badges will be handed out at the end of the term.

We will be having special days, theme days, etc throughout the season. This is just a fun way to spend a session on the ice.



October 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
<u>Kin 1 Arena</u> 4 Pre-canskate 5-5:30pm Canskate 5:30-6:15pm	5	<u>Elksentre</u> 6 Pre-Canpower 5:30-6:15pm Canskate 5:30-6:15pm	<u>Kin 2 Arena</u> 7 Pre-canskate 5:30-6:00pm Canskate 5:30-6:15pm	<u>Elksentre</u> 8 Canskate 6:15-7:00pm	9	10
11 No Canskate Scheduled Happy Thanksgiving	12	<u>Elksentre</u> 13 Pre-Canpower 5:30-6:15pm Canskate 5:30-6:15pm	<u>Kin 2 Arena</u> 14 Pre-canskate 5:30-6:00pm Canskate 5:30-6:15pm	<u>Elksentre</u> 15 Canskate 6:15-7:00pm	16	17
<u>Kin 1 Arena</u> 18 Pre-canskate 5-5:30pm Canskate 5:30-6:15pm	19	<u>Elksentre</u> 20 Pre-Canpower 5:30-6:15pm Canskate 5:30-6:15pm	<u>Kin 2 Arena</u> 21 Pre-canskate 5:30-6:00pm Canskate 5:30-6:15pm	<u>Elksentre</u> 22 Canskate 6:15-7:00pm	23	24
<u>Kin 1 Arena</u> 25 Pre-canskate 5-5:30pm Canskate 5:30-6:15pm 	26	<u>Elksentre</u> 27 Pre-Canpower 5:30-6:15pm Canskate 5:30-6:15pm 	<u>Kin 2 Arena</u> 28 Pre-canskate 5:30-6:00pm Canskate 5:30-6:15pm 	<u>Elksentre</u> 29 Canskate 6:15-7:00pm 	30	31



-HALLOWEEN THEME WEEK OCT 25th to OCT 29th. Wear Your Favorite Costumes on that week!

Please feel free to wear a costume (no long dresses or anything that will hinder your skating. No masks as you must wear your helmet. You can also wear Black and Orange.)



November 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Kin 1 Arena</u> 1 Pre-canskate 5-5:30pm Canskate 5:30-6:15pm	2	<u>Elksentre</u> 3 Pre-Canpower 5:30-6:15pm Canskate 5:30-6:15pm	<u>Kin 2 Arena</u> 4 Pre-canskate 5:30-6:00pm Canskate 5:30-6:15pm	<u>Elksentre</u> 5 Canskate 6:15-7:00pm	6	7
<u>Kin 1 Arena</u> 8 Pre-canskate 5-5:30pm Canskate 5:30-6:15pm	9	<u>Elksentre</u> 10 Pre-Canpower 5:30-6:15pm Canskate 5:30-6:15pm	11 <i>No Canskate Scheduled Remembrance Day</i>	<u>Elksentre</u> 12 Canskate 6:15-7:00pm	13	14
<u>Kin 1 Arena</u> 15 Pre-canskate 5-5:30pm Canskate 5:30-6:15pm	16	<u>Elksentre</u> 17 Pre-Canpower 5:30-6:15pm Canskate 5:30-6:15pm	<u>Kin 2 Arena</u> 18 Pre-canskate 5:30-6:00pm Canskate 5:30-6:15pm	<u>Elksentre</u> 19 Canskate 6:15-7:00pm	20	21
<u>Kin 1 Arena</u> 22 Pre-canskate 5-5:30pm Canskate 5:30-6:15pm. 	23	<u>Elksentre</u> 24 Pre-Canpower 5:30-6:15pm Canskate 5:30-6:15pm 	<u>Kin 2 Arena</u> 25 Pre-canskate 5:30-6:00pm Canskate 5:30-6:15pm 	<u>Elksentre</u> 26 Canskate 6:15-7:00pm 	27	28
<u>Kin 1 Arena</u> 29 Pre-canskate 5-5:30pm Canskate 5:30-6:15pm	30					



PAJAMA DAY THEME WEEK – Wear your comfiest Pajama's November 22-26 !



December 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<u>Elksentre</u> 1 Pre-Canpower 5:30-6:15pm Canskate 5:30-6:15pm	<u>Kin 2 Arena</u> 2 Pre-canskate 5:30-6:00pm Canskate 5:30-6:15pm	<u>Elksentre</u> 3 Canskate 6:15-7:00pm	4	5
<u>Kin 1 Arena</u> 6 Pre-canskate 5-5:30pm Canskate 5:30-6:15pm	7	<u>Elksentre</u> 8 Pre-Canpower 5:30-6:15pm Canskate 5:30-6:15pm	<u>Kin 2 Arena</u> 9 Pre-canskate 5:30-6:00pm Canskate 5:30-6:15pm	<u>Elksentre</u> 10 Canskate 6:15-7:00pm	11	12
<u>Kin 1 Arena</u> 13 Pre-canskate 5-5:30pm Canskate 5:30-6:15pm 	14	<u>Elksentre</u> 15 Pre-Canpower 5:30-6:15pm Canskate 5:30-6:15pm 	<u>Kin 2 Arena</u> 16 Pre-canskate 5:30-6:00pm Canskate 5:30-6:15pm 	<u>Elksentre</u> 17 LAST DAY Canskate 6:15-7:00pm 	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



HAPPY HOLIDAYS THEME WEEK-December 13-17 – Wear Red and Green to spread the Holiday Cheer!