

CANSKATE is Skate Canada's flagship learn-to-skate program. CANSkate program is ideal for children 5 to 13 years old. The classes are **45 minutes** long.

Curriculum:

- A complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating.
- Designed for 90% movement so skaters learn in an active and fun group setting.

Coaches:

- Nationally certified coaches trained specifically in teaching the mechanics and proper technique of skating.
- Coaches are assisted by trained program assistants.
- Ensures a 1:10 coach/program assistant to skater ratio or lower.

Provides the best start:

- Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.
- Introduces a healthy, lifelong activity at an early age.
- Promotes fun, fitness and participation.

All Skate Canada CANSkate skaters must provide and wear a CSA approved hockey helmet on the ice. Bicycle helmets are not permitted.

CANSKATE TOTS

Arctic Edge is also offers a learn to skate program that caters to skaters who are **5 years old or younger** and is based on the same principles of CANSkate.

The focus of this class is to teach skating within a relaxed & fun atmosphere for younger skaters. Groups are kept small, so that as much individual attention as possible is given to young skaters. The classes are **30 minutes** in length. Tots are also welcome to join the CANSkate program.

FREQUENTLY ASKED QUESTIONS

How many days should my child skate?

For optimum development, we recommend a least **twice** a week. Skating is a sport where skills are learned by continuous repetition. The more times a skater can repeat a skill in a week, the faster they will progress.

Do you have equipment rentals?

No. Skaters must supply their own skates and a CSA approved helmet.

What kind of Skates should my child wear?

Skates should fit snugly and have plenty of ankle support. The exact type does not matter until a skater wants to pursue a specific sport.

What should my skater wear?

Skaters should wear warm clothes that will allow them to move freely and mitts or gloves to keep their hands warm.

**SAVE THE DATE:
CANSKATE ELEMENTS EVENT**

A CANSkate elements event will be held on **December 7, 2019** for skaters registered in the fall session. The event is an opportunity for skaters to showcase their skills.

For more information: Email the club at arcticedgesc@gmail.ca

Visit the website: www.arcticedge.ca



SKATE CANADA FEE

All skaters must be registered with Skate Canada and pay an annual membership fee. This fee covers a full year of skating from September 2019 - August 2020. The Skate Canada and administration fee of **\$44** which is non-refundable, is added to the session fee in the registration system.

CANSKATE SESSION FEES

CANSkate	FALL	FEE	WINTER	FEE
Tuesdays 6:15 pm to 7:00 pm	Oct. 1 to Dec. 17, 2019 (12 sessions)	\$156	Jan. 7 to March 10, 2020 (10 sessions)	\$130
Thursdays 6:15 pm to 7:00 pm	Oct. 3 to Dec. 19, 2019 (12 sessions)	\$156	Jan. 9 to March 12, 2020 (10 sessions)	\$130
Saturdays 11:45 am to 12:30 pm	Oct. 5 to Dec. 14, 2019 (9 sessions)	\$117	Jan. 11 to Feb. 29, 2020 (8 sessions)	\$104

CANSkate Tots	FALL	FEE	WINTER	FEE
Mondays 4:45 pm to 5:15 pm	Oct. 7 to Dec. 16, 2019 (9 sessions)	\$108	January 6 to March 9, 2020 (10 sessions)	\$120
Saturdays 11:00 am to 11:30 am	Oct. 5 to Dec. 14, 2019 (9 sessions)	\$108	Jan. 11 to Feb. 29, 2020 (8 sessions)	\$96

CANCELLATIONS

There will be no regular lessons:

Monday October 14, 2019

Monday November 11, 2019

Saturday November 23, 2019

Saturday December 7, 2019

REGISTRATION

REGISTER ON-LINE

www.coastregistry.biz/clubregistry/aesc

Sessions are held at the Canada Games Centre

Program and sessions are subject to a minimum number of registrants. Arctic Edge Skating Club reserves the right to change programming if there is insufficient enrolment.

On-line payments only accepted through Paypal (accepts Visa, Mastercard American Express and Discover). The registration system will guide you through to paypal once you accept the sessions. You do not need a Paypal account to pay online as an occasional customer.

Contact Arctic Edge Skating Club if paying through the Kids Recreation Fund Program or if you would like to pay using an alternative method.

When using Coast Registry and you are new to the system, you will be asked to set up an account. If you already set up an account for this skating season and forgot your password, please **do not** create a new account if you register for another program in the same season as you will be charged the Skate Canada fee a second time in one year. **Do** click 'forgot password?' and information about retrieving your password will be sent to the email associated with your account. If you have further questions about the registration system, please email the club.