



# 2017-2018 Pre-CanSkate / CanSkate Reference Sheet

## Pre-CanSkate Session #1 (September to October 2017)

Pre-CanSkate #1	Mondays	5:30 - 6:15pm	Sep 11,18,25 Oct 2,16,23,30	7 Classes	\$ 98.00	GTA
Pre-CanSkate #2	Tuesdays	5:00 - 5:45pm	Sep 5,12,19,26 Oct 3,10,17,24	8 Classes	\$112.00	GTA
Pre-CanSkate #3	Tuesdays	5:30 - 6:15pm	Sep 5,12,19,26 Oct 3,10,17,24	8 Classes	\$112.00	GTA
Pre-CanSkate #4	Tuesdays	6:00 - 6:45pm	Sep 5,12,19,26 Oct 3,10,17,24	8 Classes	\$112.00	GTA
Pre-CanSkate #5	Thursdays	5:30 - 6:15pm	Sep 7,14,21,28 Oct 5,12,19,26	8 Classes	\$112.00	GTA
Pre-CanSkate #6	Thursdays	6:00 - 6:45pm	Sep 7,14,21,28 Oct 5,12,19,26	8 Classes	\$112.00	GTA
Pre-CanSkate #7	Sundays	12:00-12:45pm	Sep 10,17,24 Oct 1,8,15,22,29	8 Classes	\$112.00	GTA

## Pre-CanSkate Session #2 (November to December 2017)

Pre-CanSkate #8	Mondays	5:30 - 6:15pm	Nov 6,13,20,27 Dec 4,11,18	7 Classes	\$98.00	GTA
Pre-CanSkate #9	Tuesdays	5:00 - 5:45pm	Nov 7,14,21,28 Dec 5,12	6 Classes	\$84.00	GTA
Pre-CanSkate #10	Tuesdays	5:30 - 6:15pm	Nov 7,14,21,28 Dec 5,12	6 Classes	\$84.00	GTA
Pre-CanSkate #11	Tuesdays	6:00 - 6:45pm	Nov 7,14,21,28 Dec 5,12	6 Classes	\$84.00	GTA
Pre-CanSkate #12	Thursdays	5:30 - 6:15pm	Nov 2,9,16,23,30 Dec 7,14	7 Classes	\$98.00	GTA
Pre-CanSkate #13	Thursdays	6:00 - 6:45pm	Nov 2,9,16,23,30 Dec 7,14	7 Classes	\$98.00	GTA
Pre-CanSkate #14	Sundays	12:00-12:45pm	Nov 5,12,19,26 Dec 3,10,17	7 Classes	\$98.00	GTA

## Pre-CanSkate Session #3 (January to March 2018)

Pre-CanSkate #15	Mondays	5:30 - 6:15pm	Jan 8,15,22,29 Feb 5,12,26 Mar 5,12,19,26	11 Classes	\$154.00	GTA
Pre-CanSkate #16	Tuesdays	5:00 - 5:45pm	Jan 9,16,23,30 Feb 6,13,20,27 Mar 6,13,20,27	12 Classes	\$168.00	GTA
Pre-CanSkate #17	Tuesdays	5:30 - 6:15pm	Jan 9,16,23,30 Feb 6,13,20,27 Mar 6,13,20,27	12 Classes	\$168.00	GTA
Pre-CanSkate #18	Tuesdays	6:00 - 6:45pm	Jan 9,16,23,30 Feb 6,13,20,27 Mar 6,13,20,27	12 Classes	\$168.00	GTA
Pre-CanSkate #19	Thursdays	5:30 - 6:15pm	Jan 4,11,18,25 Feb 1,8,15,22 Mar 1,8,15,22	12 Classes	\$168.00	GTA
Pre-CanSkate #20	Thursdays	6:00 - 6:45pm	Jan 4,11,18,25 Feb 1,8,15,22 Mar 1,8,15,22	12 Classes	\$168.00	GTA
Pre-CanSkate #21	Sundays	12:00-12:45pm	Jan 7,14,21,28 Feb 4,11,25 Mar 4,11,18,25	11 Classes	\$154.00	GTA

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## CanSkate Session #2 (November to December 2017)

CanSkate #6	Mondays	5:30 - 6:16pm	Nov 6,13,20,27 Dec 4,11,18	7 Classes	\$98.00	GTA
CanSkate #7	Tuesdays	5:15 - 6:00pm	Nov 7,14,21,28 Dec 5,12	6 Classes	\$84.00	GTA
CanSkate #8	Tuesdays	6:00 - 6:45pm	Nov 7,14,21,28 Dec 5,12	6 Classes	\$84.00	GTA
CanSkate #9	Thursdays	6:00 - 6:45pm	Nov 2,9,16,23,30 Dec 7,14	7 Classes	\$98.00	GTA
CanSkate #10	Sundays	12:00-12:45pm	Nov 5,12,19,26 Dec 3,10,17	7 Classes	\$98.00	GTA

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CanSkate #14	Thursdays	6:00 - 6:45pm	Jan 4,11,18,25 Feb 1,8,15,22 Mar 1,8,15,22	12 Classes	\$168.00	GTA
CanSkate #15	Sundays	12:00-12:45pm	Jan 7,14,21,28 Feb 4,11,25 Mar 4,11,18,25	11 Classes	\$154.00	GTA

**GTA=Grand Trunk Arena**

**13025 112 St NW, Edmonton, AB T5E 6E4**

www.fliteway.ca infofliteway@gmail.com 780-472-1810

Register Online or In Person during office hours



*Where skating takes flite.*



## ***2017-2018 Pre-CanSkate/CanSkate Information Sheet***

### **First Day**

Please arrive at the arena at least 20 minutes before your session starts. Assigned change rooms will be posted on the arena board. Pre-CanSkate skaters will have a 15 minute off-ice warm up prior to going on the ice. Your child will need to have their skates, CSA certified hockey helmet, and skating clothes on for the warm-up. Skate guards are highly recommended! Pre-CanSkate skaters will meet just outside their assigned change rooms prior to the start of the class. Once the off-ice warm-up has started, skaters will be looked after by the warm up leader and no further assistance from the parents will be needed. CanSkate skaters will meet by the ice surface prior to the start of your class.

### **Equipment**

We strongly recommend you purchase “lace-up” skates instead of molded; this includes both hockey and figure skates. When buying skates, make sure they fit properly. Look for skates with good ankle support. Have your child walk around in their skates prior to buying them. Check to make sure their ankles remain upright and well supported. How well they walk in their skate's off-ice will often be a good indication on how they will do on ice. Avoid buying skates 1 or 2 sizes bigger (skates need to be snug in the heel area with a slight bit of wiggle room in the toe area). Light socks that are breathable work the best vs heavy sports socks. Skate guards protect your blades and will prevent premature dulling. When the skater has finished skating, a soft cloth can be used to wipe the blades off. Skate guards should never be placed back on the blades after they have been wiped dry.

### **CSA Certified Hockey Helmets**

CSA Certified Hockey Helmets are Mandatory for both the Pre-CanSkate and CanSkate programs. Look for helmets that are CSA approved. NO BIKE HELMETS! Skaters should wear athletic type of clothing and avoid bulky snow pants, or jeans. It is best to dress in layers to prevent your child from getting cold. Skaters also need to wear mitts or gloves.

### **What you can expect**

Please keep in mind that Pre-CanSkate and CanSkate are group lesson programs. We usually keep the groups around 6 to 10 skaters per/coach with a 1 or more program assistants as needed. Each session will consist of a warm-up, group lesson, short game or fun activity, followed by 5 minutes of free time or practice time. There will be some movement (skaters changing groups) within the first few sessions as we sort out the best group to suit and challenge your child’s skating level.

### **Badges/Certificates**

Pre-CanSkate will receive certificates. CanSkate will receive badges and report cards. There are 6 different badges (levels) in the CanSkate program. Each badge becomes progressively more challenging. Badges with report cards will be rewarded on the last day of each session. Please keep in mind that not all skaters will receive a badge every session. It will often take more than 1 session to achieve a badge.

#### **Arena Locations**

CastleDowns Arena: 11520-153 Ave. Edmonton  
Grand Trunk Arena 13025 112st., Edmonton  
Glengarry Arena 13340 85st. , Edmonton

#### **Office Hours**

Please see the front of our website for up to date office hours and locations. The Castle Downs Arena is closed for renovations until Sept. 2018. We have a portable office set-up at Grand Trunk Arena.

#### **Cash / Credit Card Payments**

#### **Register online or in person**

**Email: [infofliteway@gmail.com](mailto:infofliteway@gmail.com) Phone: 780.472.1810 [www.fliteway.ca](http://www.fliteway.ca)  
Like us on Facebook: Fliteway Figure Skating Club**