



Where skating takes flite.



2018-2019 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 will meet inside 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 coach and no further assistance from the parents will be needed. CanSkaters 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 to big (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 that have the CSA sticker. **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. (Don't forget Mitts or gloves)

Communication

Good communication is important to us! Most of our communication including newsletters, updates, class changes, etc. will be through email. Please make sure you email address on your Uplifter Account is up to date. We also recommend following us on Facebook. Usually any alerts will be posted on social media first.

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.

Arena Locations

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

Cash / Credit Card Payments

Office Hours

Tuesday, Wednesday, Thursday
5:30-7:00pm, Castle Downs Arena
The club office is located beside the arena staff office
Register online or in person during office hours

Current office hours can also be located on the front page of our website

Fliteway 2019 (April to August) Reference Guide

Pre-CanSkate Program (April/May 2019)

Castle Downs Arena

Pre-Can #1	Mondays	5:45-6:30pm	April 1,8,15, □ 29 May 6,13	6 Classes	\$90.00
Pre-Can #2	Tuesdays	4:45-5:30pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
Pre-Can #3	Tuesdays	5:15-6:00pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
Pre-Can #4	Tuesdays	5:45-6:30pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
Pre-Can #5	Thursdays	5:15-6:00pm	April 11,18,25 May 2,9,16,23	7 Classes	\$105.00
Pre-Can #6	Thursdays	5:45-6:30pm	April 11,18,25 May 2,9,16,23	7 Classes	\$105.00
Pre-Can #7	Saturdays	11:00-11:45am	April 6, □, □, 27 May 4,11,18	5 Classes	\$75.00
Pre-Can #8	Saturdays	11:30-12:15pm	April 6, □, □, 27 May 4,11,18	5 Classes	\$75.00

Note (Saturday, April 6th is at Londonderry Arena) -all other dates are at Castle Downs Arena

Pre-CanSkate June Camp (June 18 to 27, 2019)

Castle Downs Arena

Pre-Can #9	Tuesdays	5:45-6:30pm	June 18,25	2 Classes	\$30.00
Pre-Can #10	Thursdays	5:45-6:30pm	June 20,27	2 Classes	\$30.00

Pre-CanSkate Summer Camps (July/August 2019)

Castle Downs Arena

Camp 1	Tue-Thurs	6:00-6:45pm	July 2,3,4	3 Classes	\$45.00
Camp 2	Mon-Thurs	6:00-6:45pm	July 8,9,10,11	4 Classes	\$60.00
Camp 3	Mon-Thurs	6:00-6:45pm	July 15,16,17,18	4 Classes	\$60.00
Camp 4	Mon-Thurs	6:00-6:45pm	July 22,23,24,25	4 Classes	\$60.00
Camp 5	Mon-Thurs	6:00-6:45pm	July 29,30,31 Aug 1	4 Classes	\$60.00
Camp 6	Tue-Thurs	6:00-6:45pm	Aug 6,7,8	3 Classes	\$45.00

CanSkate Program (April/May 2019)

Castle Downs Arena

CanSkate #1	Mondays	5:45-6:30pm	April 1,8,15, □ 29 May 6,13	6 Classes	\$90.00
CanSkate #2	Tuesdays	5:00-5:45pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
CanSkate #3	Tuesdays	5:45-6:30pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
CanSkate #4	Thursdays	5:00-5:45pm	April 11,18,25 May 2,9,16,23	7 Classes	\$105.00
CanSkate #5	Thursdays	5:45-6:30pm	April 11,18,25 May 2,9,16,23	7 Classes	\$105.00

CanSkate June Camp (June 18 to 27, 2019)

Castle Downs Arena

CanSkate #6	Tuesdays	5:45-6:30pm	June 18,25	2 Classes	\$30.00
CanSkate #7	Thursdays	5:45-6:30pm	June 20,27	2 Classes	\$30.00

CanSkate Summer Camps (July/August 2019)

Castle Downs Arena

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**Castle Downs Arena / www.fliteway.ca / infofliteway@gmail.com / 780.472.1810 / Facebook
Office Location: Castle Downs Arena / Office Hours: Check front page of our website**