



Where skating takes flite.



2019-2020 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. Avoid buying skates 1 or 2 sizes too 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 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. Skaters also need to wear mitts or gloves. Fury gloves are not recommended as they tend to stick to the ice.

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. 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

Cash / Credit Card Payments

Office Hours

Check website for up to date office hours
www.fliteway.ca
inforfliteway@gmail.com / 780.472.1810
Like us on Facebook: Fliteway Skating Club



2019-2020 Pre-CanSkate / CanSkate Reference Sheet

Pre-CanSkate/CanSkate Session #1 (September to October 2019)

Pre-CanSkate #1	Mondays	6:15 – 7:00pm	Sept. 9,16,23,30 Oct. 7,21,28	7 Classes	\$105	GTA
Pre-CanSkate #2	Tuesdays	5:00 – 5:45pm	Sept. 3,10,17,24 Oct. 1,8,15,22,29	9 Classes	\$135	CDA
Pre-CanSkate #3	Tuesdays	5:30 – 6:15pm	Sept. 3,10,17,24 Oct. 1,8,15,22,29	9 Classes	\$135	CDA
Pre-CanSkate #4	Tuesdays	6:00 – 6:45pm	Sept. 3,10,17,24 Oct. 1,8,15,22,29	9 Classes	\$135	CDA
Pre-CanSkate #5	Thursdays	5:15 - 6:00pm	Sept. 5,12,19,26 Oct. 3,10,17,24	8 Classes	\$120	CDA
Pre-CanSkate #6	Thursdays	5:45 – 6:30pm	Sept. 5,12,19,26 Oct. 3,10,17,24	8 Classes	\$120	CDA
Pre-CanSkate #7	Saturday	12:15-1:00pm	Sept. 14,21,28 Oct. 5,19,26	6 Classes	\$90	GGA
Pre-CanSkate #8	Sunday	12:00-12:45pm	Sept. 8,15,22,29 Oct. 6,20,27	7 Classes	\$105	GTA
CanSkate #1	Mondays	6:15-7:00pm	Sept. 9,16,23,30 Oct. 7,21,28	7 Classes	\$105	GTA
CanSkate #2	Tuesdays	6:00 - 6:45pm	Sept. 3,10,17,24 Oct. 1,8,15,22,29	9 Classes	\$135	CDA
CanSkate #3	Thursdays	5:45 - 6:30pm	Sept. 5,12,19,26 Oct. 3,10,17,24	8 Classes	\$120	CDA
CanSkate #4	Sundays	12:00-12:45pm	Sept. 8,15,22,29 Oct. 6,20,27	7 Classes	\$105	GTA

No Skating Dates: Oct. 12,13,14,31

Pre-CanSkate/CanSkate Session #2 (November to December 2019)

Pre-CanSkate #9	Mondays	6:15–7:00pm	Nov. 4,18,25 Dec. 2,9,16	6 Classes	\$90	GTA
Pre-CanSkate #10	Tuesdays	5:00-5:45pm	Nov. 5,12,19,26 Dec. 3,10	6 Classes	\$90	CDA
Pre-CanSkate #11	Tuesdays	5:30-6:15pm	Nov. 5,12,19,26 Dec. 3,10	6 Classes	\$90	CDA
Pre-CanSkate #12	Tuesdays	6:00-6:45pm	Nov. 5,12,19,26 Dec. 3,10	6 Classes	\$90	CDA
Pre-CanSkate #13	Thursdays	5:15-6:00pm	Nov. 7,14,21,28 Dec. 5,12,19	7 Classes	\$105	CDA
Pre-CanSkate #14	Thursdays	5:45-6:30pm	Nov. 7,14,21,28 Dec. 5,12,19	7 Classes	\$105	CDA
Pre-CanSkate #15	Saturdays	12:15-1:00pm	Nov. 2,9,16,23,30 Dec. 7,21	7 Classes	\$105	GGA
Pre-CanSkate #16	Sundays	12:00-12:45pm	Nov. 3,10,17,24 Dec. 1,8,15,22	8 Classes	\$120	GTA
CanSkate #5	Mondays	6:15 - 7:00pm	Nov. 4,18,25 Dec. 2,9,16	6 Classes	\$90	GTA
CanSkate #6	Tuesdays	6:00 - 6:45pm	Nov. 5,12,19,26 Dec. 3,10	6 Classes	\$90	CDA
CanSkate #7	Thursdays	5:45 - 6:30pm	Nov. 7,14,21,28 Dec. 5,12,19	7 Classes	\$105	CDA
CanSkate #8	Sundays	12:00-12:45pm	Nov. 3,10,17,24 Dec. 1,8,15,22	8 Classes	\$120	GTA

No Skating Dates: Nov. 11, Dec. 14

Pre-CanSkate/CanSkate Session #3 (January to March 2020)

Pre-CanSkate #17	Mondays	6:15-7:00pm	Jan. 6,13,20,27 Feb. 3 10,24 Mar. 2,9,16,23	11 Classes	\$165	GTA
Pre-CanSkate #18	Tuesdays	5:00-5:45pm	Jan. 7,14,21,28 Feb. 4,11,18,25, Mar. 3,10,17,24	12 Classes	\$180	CDA
Pre-CanSkate #19	Tuesdays	5:30-6:15pm	Jan. 7,14,21,28 Feb. 4,11,18,25, Mar. 3,10,17,24	12 Classes	\$180	CDA
Pre-CanSkate #20	Tuesdays	6:00-6:45pm	Jan. 7,14,21,28 Feb. 4,11,18,25, Mar. 3,10,17,24	12 Classes	\$180	CDA
Pre-CanSkate #21	Thursdays	1:30-2:15pm	Jan. 9,16,23,30 Feb. 6,13,20,27 Mar. 5,12,19,26	12 Classes	\$180	CDA
Pre-CanSkate #22	Thursdays	5:15-6:00pm	Jan. 9,16,23,30 Feb. 6,13,20,27 Mar. 5,12,19,26	12 Classes	\$180	CDA
Pre-CanSkate #23	Thursdays	5:45-6:30pm	Jan. 9,16,23,30 Feb. 6,13,20,27 Mar. 5,12,19,26	12 Classes	\$180	CDA
Pre-CanSkate #24	Saturdays	12:15-1:00pm	Jan. 4,11,18,25 Feb. 1,8,15,22,29 Mar. 7,14	11 Classes	\$165	GGA
Pre-CanSkate #25	Sundays	12:00-12:45pm	Jan. 5,12,19,26 Feb. 2,9,23 Mar. 1,8,15,22,29	12 Classes	\$180	GTA
CanSkate #9	Mondays	6:15-7:00pm	Jan. 6,13,20,27 Feb. 3 10,24 Mar. 2,9,16,23	11 Classes	\$165	GTA
CanSkate #10	Tuesdays	6:00 - 6:45pm	Jan. 7,14,21,28 Feb. 4,11,18,25, Mar. 3,10,17,24	12 Classes	\$180	CDA
CanSkate #11	Thursdays	5:45 - 6:30pm	Jan. 9,16,23,30 Feb. 6,13,20,27 Mar. 5,12,19,26	12 Classes	\$180	CDA
CanSkate #12	Sundays	12:00-12:45pm	Jan. 5,12,19,26 Feb. 2,9,23 Mar. 1,8,15,22,29	12 Classes	\$180	GTA

No Skating Dates: Feb. 16,17

GTA=Grand Trunk Arena / CDA= Castle Downs Arena / GGA=Glengarry Arena

Recommendations / Equipment	Long Term Athlete Development
<ul style="list-style-type: none"> We recommend that children have at least 1 skating experience prior to the first class Helmets MANDATORY! (Hockey style CSA approved) Requires sharpened skates with good ankle support 	<ul style="list-style-type: none"> Skate 1 day per week Pre-CanSkate Skate 2 days per week CanSkate Skate 8-10 months per year Participate in a variety of activities including gymnastics, swimming, dance, team sports