



*Where skating takes flite.*



## ***2021-2022 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. CanSkate skaters will meet by the ice surface prior to the start of their class.

### **Equipment**

We strongly recommend you purchase “lace-up” skates instead of molded skates; this applies to both hockey and figure skates. When buying skates, make sure they fit properly. Check to make sure that your child’s ankles remain upright and well supported. Have your child walk around in their skates prior to purchasing them. Avoid buying skates 1 or 2 sizes too big. Skates that fit properly will be snug in the heel area with a little bit of wiggle room in the toe area. Light, breathable socks work best compared to heavy sports socks. We also recommend investing in a pair of skate guards to protect your blades and 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 style 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. Furry 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 conducted via email. For this reason, please ensure that the email address listed on your Uplifter Account is up to date. We also recommend following us on [Facebook](#) as any alerts will typically be posted on social media first.

### **What you can expect**

Please keep in mind that Pre-CanSkate and CanSkate are group lesson programs. Groups usually contain around 6-10 skaters per coach with 1 or more program assistants as needed. Each session will consist of a warm-up, group lesson, and short game/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 skaters will receive certificates. CanSkate skaters will receive badges and report cards. There are 6 different badges or levels in the CanSkate program and each badge becomes progressively more challenging. Badges will be awarded with report cards on the last day of each session. Please keep in mind that not all skaters will receive a badge every session as it often takes more than one session to achieve a badge.

#### **Arena Locations**

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

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

#### **Office Hours/Contact Us**

Check out [www.fliteway.ca](http://www.fliteway.ca) for up-to-date office hours  
[inforfliteway@gmail.com](mailto:inforfliteway@gmail.com) / 780-472-1810  
Like us on [Facebook](#): Fliteway Skating Club.



## 2021-2022 Pre-CanSkate / CanSkate Reference Sheet

### Pre-CanSkate/CanSkate Session #1 (September to October 2021)

Pre-CanSkate #1	Mondays	6:15-7:00pm	Sept. 6,13,20,27 Oct. 4,18,25	7 Classes	\$105	GTA
Pre-CanSkate #2	Tuesdays	5:15-6:00pm	Sept. 7,14,21,28 Oct. 5,12,19,26	8 Classes	\$120	CDA
Pre-CanSkate #3	Tuesdays	6:15-7:00pm	Sept. 7,14,21,28 Oct. 5,12,19,26	8 Classes	\$120	CDA
Pre-CanSkate #4	Thursdays	5:15-6:00pm	Sept. 2,9,16,23,30 Oct. 7,14,21,28	9 Classes	\$135	CDA
Pre-CanSkate #5	Thursdays	5:45-6:30pm	Sept. 2,9,16,23,30 Oct. 7,14,21,28	9 Classes	\$135	CDA
Pre-CanSkate #6	Sundays	12:00-12:45pm	Sept. 5,12,19,26 Oct. 3,17,24,31	8 Classes	\$120	GTA
CanSkate #1	Mondays	6:15-7:00pm	Sept. 6,13,20,27 Oct. 4,18,25	7 Classes	\$105	GTA
CanSkate #2	Tuesdays	6:15-7:00pm	Sept. 7,14,21,28 Oct. 5,12,19,26	8 Classes	\$120	CDA
CanSkate #3	Thursdays	5:45-6:30pm	Sept. 2,9,16,23,30 Oct. 7,14,21,28	9 Classes	\$135	CDA
CanSkate #4	Sundays	12:00-12:45pm	Sept. 5,12,19,26 Oct. 3,17,24,31	8 Classes	\$120	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: Oct. 10th & Oct. 11<sup>th</sup>**

### Pre-CanSkate/CanSkate Session #2 (November to December 2021)

Pre-CanSkate #7	Mondays	6:15-7:00pm	Nov. 1,8,15,22,29 Dec. 6,13,20	8 Classes	\$120	GTA
Pre-CanSkate #8	Tuesdays	5:15-6:00pm	Nov. 2,9,16,23,30 Dec. 7,14	7 Classes	\$105	CDA
Pre-CanSkate #9	Tuesdays	6:15-7:00pm	Nov. 2,9,16,23,30 Dec. 7,14	7 Classes	\$105	CDA
Pre-CanSkate #10	Thursdays	5:15-6:00pm	Nov. 4,18,25 Dec. 2,9,16	6 Classes	\$90	CDA
Pre-CanSkate #11	Thursdays	5:45-6:30pm	Nov. 4,18,25 Dec. 2,9,16	6 Classes	\$90	CDA
Pre-CanSkate #12	Sundays	12:00-12:45pm	Nov. 6,13,21,28 Dec. 5,12,19	7 Classes	\$105	GTA
CanSkate #5	Mondays	6:15-7:00pm	Nov. 1,8,15,22,29 Dec. 6,13,20	8 Classes	\$120	GTA
CanSkate #6	Tuesdays	6:15-7:00pm	Nov. 2,9,16,23,30 Dec. 7,14	7 Classes	\$105	CDA
CanSkate #7	Thursdays	5:45-6:30pm	Nov. 4,18,25 Dec. 2,9,16	6 Classes	\$90	CDA
CanSkate #8	Sundays	12:00-12:45pm	Nov. 6,13,21,28 Dec. 5,12,19	7 Classes	\$105	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: Nov. 11<sup>th</sup>**

### Pre-CanSkate Session #3 (January to March 2022)

Pre-CanSkate #13	Mondays	6:15-7:00pm	Jan. 3,10,17,24,31 Feb. 7,14,28 Mar. 14,21,28	12 Classes	\$180	GTA
Pre-CanSkate #14	Tuesdays	5:15-6:00pm	Jan. 4,11,18,25 Feb. 1,8,15,22 Mar. 1,8,15,22,	12 Classes	\$180	CDA
Pre-CanSkate #15	Tuesdays	6:15-7:00pm	Jan. 4,11,18,25 Feb. 1,8,15,22 Mar. 1,8,15,22,	12 Classes	\$180	CDA
Pre-CanSkate #16	Thursdays	5:15-6:00pm	Jan. 6,13,20,27 Feb. 3,10,17,24 Mar. 3,10,17,24	12 Classes	\$180	CDA
Pre-CanSkate #17	Thursdays	5:45-6:30pm	Jan. 6,13,20,27 Feb. 3,10,17,24 Mar. 3,10,17,24	12 Classes	\$180	CDA
Pre-CanSkate #18	Sundays	12:00-12:45pm	Jan. 2,9,16,23,30 Feb. 6,13,27 Mar. 6,13,20,27	12 Classes	\$180	GTA
CanSkate #9	Mondays	6:15-7:00pm	Jan. 3,10,17,24,31 Feb. 7,14,28 Mar. 7,14,21,28	12 Classes	\$180	GTA
CanSkate #10	Tuesdays	6:15-7:00pm	Jan. 4,11,18,25 Feb. 1,8,15,22 Mar. 1,8,15,22,	12 Classes	\$180	CDA
CanSkate #11	Thursdays	5:45-6:30pm	Jan. 6,13,20,27 Feb. 3,10,17,24 Mar. 3,10,17,24	12 Classes	\$180	CDA
CanSkate #12	Sundays	12:00-12:45pm	Jan. 2,9,16,23,30 Feb. 6,13,27 Mar. 6,13,20,27	12 Classes	\$180	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: Feb. 20<sup>th</sup> & Feb. 21<sup>st</sup>**

Recommendations / Equipment	Long Term Athlete Development
<ul style="list-style-type: none"> <li>We recommend that children have at least 1 skating experience prior to the first class</li> <li><b>Helmets MANDATORY!</b> (Hockey style CSA approved)</li> <li>Requires sharpened skates with good ankle support</li> </ul>	<ul style="list-style-type: none"> <li>Skate 1 day per week Pre-CanSkate</li> <li>Skate 2 days per week CanSkate</li> <li>Skate 8-10 months per year</li> <li>Participate in a variety of activities including gymnastics, swimming, dance, team sports</li> <li>See LTAD Series1 for recommendations</li> </ul>