



*Where skating takes flite.*



## 2022 PreCanSkate/CanSkate Information Sheet (Spring/Summer)

### 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 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

Clareview Arena 3804 139Ave. NW Edmonton

#### Cash / Credit Card Payments

#### Office Hours/Contact Us

Check out [www.fliteway.ca](http://www.fliteway.ca) for up-to-date office hours

[infofliteway@gmail.com](mailto:infofliteway@gmail.com) / 780-472-1810

Like us on [Facebook](#): Fliteway Skating Club.



## 2022 PreCanSkate / CanSkate Reference Sheet

### Pre-CanSkate (Ages 3 to 5 or first time skaters ages 6 to 9)

Pre-CanSkate is a learn to skate program for ages 3 to 5. Pre-CanSkate is designed to give skaters a positive first experience on the ice. Skaters learn through creative activities and teaching methods which are age appropriate. This program will focus on positive reinforcement, basic skating skills, and will prepare children for Fliteway's Skating Club CanSkate Program. All sessions (classes) include a 15 minute off-ice warm-up, and 30 minute on-ice instruction. Skaters will be placed in small groups according to age and skating level. **Pre-CanSkate is also for children ages 6 to 9 who have never been on skates or ice before.**

### CanSkate (Ages 4 and up)

CanSkate is the Skate Canada flagship learn to skate program. Skaters must be able to skate independently to qualify for this program. CanSkate focuses on fun, participation, and basic skill development. All classes are taught in a group format and are led by an NCCP certified professional coach. Skaters progress at their own rate in a progressive, and sequential badge program. CanSkate is an excellent starting point for children interested in pursuing figure skating, hockey, ringette, speed skating, or just an interest in acquiring basic skating skills.

The Castle Downs Arena is scheduled to close for maintenance starting May 1<sup>st</sup>. April classes are at Castle Downs Arena/ May classes are at Clareview Arena June/July & August will be at Castle Downs Arena

### Pre-CanSkate / CanSkate (April/May 2022)

Pre-CanSkate	Mondays	5:30-6:15pm	April 4,11,18,25 May 2,9	6 Classes	\$90	CDA/CVA
Pre-CanSkate	Mondays	6:00-6:45pm	April 4,11,18,25 May 2,9	6 Classes	\$90	CDA/CVA
Pre-CanSkate	Tuesdays	5:00-5:45pm	April 5,12,19,26 May 3,10	6 Classes	\$90	CDA/CVA
Pre-CanSkate	Tuesdays	6:00-6:45pm	April 5,12,19,26 May 3,10	6 Classes	\$90	CDA/CVA
Pre-CanSkate	Thursdays	5:15-6:00pm	April 7,14,21,28 May 5,12	6 Classes	\$90	CDA/CVA
Pre-CanSkate	Thursdays	5:45-6:30pm	April 7,14,21,28 May 5,12	6 Classes	\$90	CDA/CVA
CanSkate	Mondays	5:30-6:15pm	April 4,11,18,25 May 2,9	6 Classes	\$90	CDA/CVA
CanSkate	Tuesdays	6:00-6:45pm	April 5,12,19,26 May 3,10	6 Classes	\$90	CDA/CVA
CanSkate	Thursdays	5:45-6:30pm	April 7,14,21,28 May 5,12	6 Classes	\$90	CDA/CVA

CDA=Castle Downs Arena / CVA= Clareview Arena

### Pre-CanSkate/CanSkate (June 2022)

Pre-CanSkate	Tuesdays	5:45-6:30pm	June 7,14,21,28	4 Classes	\$60	CDA
Pre-CanSkate	Thursdays	5:45-6:30pm	June 9,16,23,30	4 Classes	\$60	CDA
CanSkate	Tuesdays	5:45-6:30pm	June 7,14,21,28	4 Classes	\$60	CDA
CanSkate	Thursdays	5:45-6:30pm	June 9,16,23,30	4 Classes	\$60	CDA

CDA=Castle Downs Arena

### Pre-CanSkate/CanSkate (July/August 2022)

Pre-CanSkate Camp #1	Monday to Thursday	5:45-6:30pm	July 4,5,6,7	4 Classes	\$60	CDA
Pre-CanSkate Camp #2	Monday to Thursday	5:45-6:30pm	July 11,12,13,14	4 Classes	\$60	CDA
Pre-CanSkate Camp #3	Monday to Thursday	5:45-6:30pm	July 18,19,20,21	4 Classes	\$60	CDA
Pre-CanSkate Camp #4	Monday to Thursday	5:45-6:30pm	July 25,26,27,28	4 Classes	\$60	CDA
Pre-CanSkate Camp #5	Monday to Thursday	5:45-6:30pm	Aug. 1,2,3,4	4 Classes	\$60	CDA
CanSkate Camp #1	Monday to Thursday	5:45-6:30pm	July 4,5,6,7	4 Classes	\$60	CDA
CanSkate Camp #2	Monday to Thursday	5:45-6:30pm	July 11,12,13,14	4 Classes	\$60	CDA
CanSkate Camp #3	Monday to Thursday	5:45-6:30pm	July 18,19,20,21	4 Classes	\$60	CDA
CanSkate Camp #4	Monday to Thursday	5:45-6:30pm	July 25,26,27,28	4 Classes	\$60	CDA
CanSkate Camp #5	Monday to Thursday	5:45-6:30pm	Aug. 1,2,3,4	4 Classes	\$60	CDA

CDA=Castle Downs Arena