

LEARN TO SKATE

2022-2023 Program Guide



PRE-CANKATE / CANSKATE / ADULT LEARN TO SKATE

Register On-Line!



Excellent Starting Point for All Ice Sports

Mailing Address: P.O Box 31072, Edmonton, AB, T5Z-3P3
780-472-1810 / infofliteway@gmail.com www.fliteway.ca

Welcome To Fliteway

Fliteway is a not-for-profit organization dedicated to providing skating opportunities to children of all ages, levels and abilities. Located in North Edmonton, Fliteway offers a wide range of programming and services to meet all your skating needs.

Recreational Programs

- Pre-CanSkate
- CanSkate
- STAR Academy
- Recreational Figure Skating
- Adult Learn To Skate
- Active for Life (Adult Learn to Skate and Figure Skating)

Other Services

- Programming available for skaters with special needs or disabilities

Figure Skating Programs

- STAR Academy / STAR Group / STAR Advanced
- Junior STARSkate
- Intermediate STARSkate
- Senior STARSkate

Accelerated Programming

- STAR Academy
 - STAR Group
 - STAR Advanced
 - Pre-Competitive Program
 - Competitive Program
 - High Performance Program
- Please see STARSkate Registration Package

Skate Canada Membership Fee \$44.00

- The Skate Canada registration year begins September 1 and runs until August 31. Skate Canada sanctioned clubs are required to register all participants annually by September 1 or within two weeks of their start date. For more information regarding the Skate Canada Member and membership benefits, please visit www.skatecanada.ca

Equipment

Skaters are required to wear approved CSA Certified Hockey Helmets and skates with good ankle support. Fliteway Recommends – United Cycle located in Old Strathcona, 4 Blocks South of Whyte Avenue at 7620 Gateway Boulevard NW, Edmonton 780.433.1181 / 1.800.361.8776 Toll Free / sports@unitedcycle.com

How to Register

- **Online**
Please register online through our website. This ensures all information is correct, and up to date.
Step 1 Visit our website at www.fliteway.ca
Step 2 Determine the classes you want
Step 3 Proceed to Registration
Step 4 Input your information / add participant(s)
Step 5 Select your classes
- **In-person during office hours**

Payment Options

- Fliteway accepts credit cards (Visa or MasterCard) and cash (no cheques please)

Financial Assistance

- KidSport and JumpStart
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Arena Locations (Edmonton, AB)

- **GTA** Grand Trunk Arena 13025 – 112 Street
- **GGA** Glengarry Arena 13340 – 85 Street
- **CDA** Castle Downs Arena 11520 153 Ave NW

Club Policies

- Registration is on a first come first serve basis and must be accompanied by full payment with a registration form.
- Payments can be made by *credit card* or *cash*
- Schedules are subject to change. Please check your newsletters and notices.
- The dates given in this brochure are the skating dates for the session

Refund Policies

- No make-up classes (this is to ensure quality and consistency in our programs)
- No refunds after the 1st day of classes for CanSkate
- Skate Canada Fee is non-refundable
- Classes will be pro-rated for members beginning after the start date (no omit dates after classes have started)

Pre-CanSkate: If you have started the classes, and your child is too young and not ready for skating lessons, Fliteway will credit you all remaining classes to a later date. The Fliteway Professional Coaching staff will also give recommendations regarding the readiness of your child. Please visit our website for further clarifications regarding all our club policies.

CANSKATE IS THE LEARN TO SKATE PROGRAM WHICH ALL OTHERS ARE MEASURED AGAINST!

CanSkate offers the best curriculum in Canada. Our flagship learn-to-skate program has taught millions of Canadians to reach their recreational and competitive goals on the ice.

The CanSkate program is geared to beginners of all ages...children, adults, newcomers to Canada and athletes with a disability (AWAD). Whether you are looking to improve basic skating skills for figure skating, hockey, ringette or speed skating, or wish to skate for recreation, fitness or fun, CanSkate will get you there.

Conducted in a fun, friendly environment, the CanSkate program showcases a comprehensive series of balance, control and agility skills, using a nationally-tested and proven curriculum that supports skater success in developing stronger basic skills on the ice.

Millions of Canadians, including World and Olympic figure skating champions and National Hockey League stars, have taken their first steps on the ice with the CanSkate program. Offered at clubs and skating schools across Canada and delivered by NCCP coaches, CanSkate will help you realize your skating goals.



THE BEST CURRICULUM

A comprehensive series of balance, control and agility skills designed to prepare skaters for all ice sports requiring skates, as well as recreational skating. National standardized assessment structure and proven curriculum, with delivery methods that support skater success.



THE BEST COACHES

Coaches certified by the National Coaching certification Program (NCCP), trained in teaching the mechanics and proper technique of skating.

Police Record Checks



THE BEST START

Provides skaters with a strong foundation for figure skating, hockey, speed skating and ringette.

Introduces a healthy, lifelong activity at an early age. Promotes fun, fitness and participation for skaters of all ages, including adults.



THE BEST RESULTS

Many of the best skaters in the world learned to skate with CanSkate including Olympic figure skaters, Olympic speed skaters and NHL superstars including

Tessa Virtue & Scott Moir, three-time Olympic gold medallists

Patrick Chan, three-time Olympic medallist

Ivanie Blondin, Olympic speed skater

Matt Duchene, Nashville Predators (NHL)

Jeff Skinner, Buffalo Sabres (NHL)

Nathan MacKinnon, Colorado Avalanche (NHL)

Mark Scheifele, Winnipeg Jets (NHL)

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.**

Pre-CanSkate Session #1 (September to October 2022)

Pre-CanSkate #1	Mondays	5:45-6:30pm	Sept. 12,19,26, Oct. 3,17, 24	6 Classes	\$90	GTA
Pre-CanSkate #2	Mondays	6:15-7:00pm	Sept. 12,19,26, Oct. 3,17, 24	6 Classes	\$90	GTA
Pre-CanSkate #3	Tuesdays	5:15-6:00pm	Sept. 6,13,20,27 Oct. 4,11,18,25	8 Classes	\$120	CDA
Pre-CanSkate #4	Tuesdays	6:00-6:45pm	Sept. 6,13,20,27 Oct. 4,11,18,25	8 Classes	\$120	CDA
Pre-CanSkate #5	Thursdays	5:15-6:00pm	Sept. 8,15,22,29 Oct. 6,13,20,27	8 Classes	\$120	CDA
Pre-CanSkate #6	Thursdays	5:45-6:30pm	Sept. 8,15,22,29 Oct. 6,13,20,27	8 Classes	\$120	CDA
Pre-CanSkate #7	Sundays	12:00-12:45pm	Sept. 11,18,25 Oct. 2,16,23,30	7 Classes	\$105	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena NO CLASSES: October 9th,10th,31st

Pre-CanSkate Session #2 (November to December 2022)

Pre-CanSkate #8	Mondays	5:45-6:30pm	Nov. 7,14,21,28 Dec. 5,12,19	7 Classes	\$105	GTA
Pre-CanSkate #9	Mondays	6:15-7:00pm	Nov. 7,14,21,28 Dec. 5,12,19	7 Classes	\$105	GTA
Pre-CanSkate #10	Tuesdays	5:15-6:00pm	Nov. 1,8,15,22,29 Dec. 6,13	7 Classes	\$105	CDA
Pre-CanSkate #11	Tuesdays	6:00-6:45pm	Nov. 1,8,15,22,29 Dec. 6,13	7 Classes	\$105	CDA
Pre-CanSkate #12	Thursdays	5:15-6:00pm	Nov. 3,17,24, Dec. 1,8,15	6 Classes	\$90	CDA
Pre-CanSkate #13	Thursdays	5:45-6:30pm	Nov. 3,17,24, Dec. 1,8,15	6 Classes	\$90	CDA
Pre-CanSkate #14	Sundays	12:00-12:45pm	Nov. 6,13,20,27 Dec. 4,11,18	7 Classes	\$105	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena NO CLASSES: November 10th

Pre-CanSkate Session #3 (January to March 2023)

Pre-CanSkate #15	Mondays	5:45-6:30pm	Jan. 2,9,16,23,30 Feb. 6,13,27 Mar. 6,13,20,27	12 Classes	\$180	GTA
Pre-CanSkate #16	Mondays	6:15-7:00pm	Jan. 2,9,16,23,30 Feb. 6,13,27 Mar. 6,13,20,27	12 Classes	\$180	GTA
Pre-CanSkate #17	Tuesdays	5:15-6:00pm	Jan. 3,10,17,24,31 Feb. 7,14,21,28 Mar. 7,14,21	12 Classes	\$180	CDA
Pre-CanSkate #18	Tuesdays	6:00-6:45pm	Jan. 3,10,17,24,31 Feb. 7,14,21,28 Mar. 7,14,21	12 Classes	\$180	CDA
Pre-CanSkate #19	Thursdays	5:15-6:00pm	Jan. 5,12,19,26 Feb. 2,9,11,23 Mar. 2,9,16,23	12 Classes	\$180	CDA
Pre-CanSkate #20	Thursdays	5:45-6:30pm	Jan. 5,12,19,26 Feb. 2,9,11,23 Mar. 2,9,16,23	12 Classes	\$180	CDA
Pre-CanSkate #21	Sundays	12:00-12:45pm	Jan. 8,15,22,29 Feb. 5,12,26 Mar. 5,12,19,26	11 Classes	\$165	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena NO CLASSES: February 19th,20th

<p>Recommendations / Equipment</p> <ul style="list-style-type: none"> • CSA Certified Hockey Helmets are MANDATORY! • Requires sharpened skates with good ankle support 	<p>Skate Canada Membership \$44</p> <p>All skaters must be registered with Skate Canada. The annual membership/insurance fee is \$44.00 and is valid from September 1 to August 31. This fee is 100% non-refundable. Fliteway pays the membership on your behalf.</p>
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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.

CanSkate Session #1 (September to October 2022)

CanSkate #1	Mondays	6:15-7:00pm	Sept. 12,19,26, Oct. 3,17, 24	6 Classes	\$90	GTA
CanSkate #2	Tuesdays	6:15-7:00pm	Sept. 6,13,20,27 Oct. 4,11,18,25	8 Classes	\$120	CDA
CanSkate #3	Thursdays	5:45-6:30pm	Sept. 6,13,20,27 Oct. 4,11,18,25	8 Classes	\$120	CDA
CanSkate #4	Sundays	12:00-12:45pm	Sept. 11,18,25 Oct. 2,16,23,30	7 Classes	\$105	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: October 9th,10th,31st**

CanSkate Session #2 (November to December 2022)

CanSkate #5	Mondays	6:15-7:00pm	Nov. 7,14,21,28 Dec. 5,12,19	7 Classes	\$105	GTA
CanSkate #6	Tuesdays	6:15-7:00pm	Nov. 1,8,15,22,29 Dec. 6,13	7 Classes	\$105	CDA
CanSkate #7	Thursdays	5:45-6:30pm	Nov. 3,17,24, Dec. 1,8,15	6 Classes	\$90	CDA
CanSkate #8	Sundays	12:00-12:45pm	Nov. 6,13,20,27 Dec. 4,11,18	7 Classes	\$105	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: November 10th**

CanSkate Session #3 (January to March 2023)

CanSkate #9	Mondays	6:15-7:00pm	Jan. 2,9,16,23,30 Feb. 6,13,27 Mar. 6,13,20,27	12 Classes	\$180	GTA
CanSkate #10	Tuesdays	6:15-7:00pm	Jan. 3,10,17,24,31 Feb. 7,14,21,28 Mar. 7,14,21	12 Classes	\$180	CDA
CanSkate #11	Thursdays	5:45-6:30pm	Jan. 5,12,19,26 Feb. 2,9,11,23 Mar. 2,9,16,23	12 Classes	\$180	CDA
CanSkate #12	Sundays	12:00-12:45pm	Jan. 8,15,22,29 Feb. 5,12,26 Mar. 5,12,19,26	11 Classes	\$165	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: February 19th,20th**

Recommendations / Equipment <ul style="list-style-type: none"> • CSA Certified Hockey Helmets are MANDATORY! • Requires sharpened skates with good ankle support 	Skate Canada Membership \$44 <p>All skaters must be registered with Skate Canada. The annual membership/insurance fee is \$44.00 and is valid from September 1 to August 31. This fee is 100% non-refundable. Fliteway pays the membership on your behalf.</p>
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Adult CanSkate (Learn To Skate)

This custom designed program for adults with little to no skating experience. Build confidence on the ice in a relaxed, fun, positive atmosphere. **CSA certified helmets are mandatory!!!**

Adult Learn To Skate Session #1 (September to October 2022)

Adult CanSkate	Mondays	6:15-7:00pm	Sept. 12,19,26, Oct. 3,17, 24	6 Classes	\$90	GTA
Adult CanSkate	Sundays	1:30-2:15pm	Sept. 11,18,25 Oct. 2,16,23,30	7 Classes	\$105	GGA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: October 9th,10th,31st**

Adult Learn To Skate Session #2 (November to December 2022)

Adult CanSkate	Mondays	6:15-7:00pm	Nov. 7,14,21,28 Dec. 5,12,19	7 Classes	\$105	GTA
Adult CanSkate	Sundays	1:30-2:15pm	Nov. 6,13,20,27 Dec. 4,11,18	7 Classes	\$105	GGA

GGA=Glengarry Arena / CDA=Castle Downs Arena **NO CLASSES: November 10th**

Adult Learn To Skate Session #3 (January to March 2023)

Adult CanSkate	Mondays	6:15-7:00pm	Jan. 2,9,16,23,30 Feb. 6,13,27 Mar. 6,13,20,27	12 Classes	\$180	GTA
Adult CanSkate	Sundays	1:30-2:15pm	Jan. 8,15,22,29 Feb. 5,12,26 Mar. 5,12,19,26	11 Classes	\$165	GGA

GGA=Glengarry Arena / CDA=Castle Downs Arena **NO CLASSES: February 19th,20th**

Adult Figure Skating (Active For Life)

Suitable for former figure skaters or adults with some skating experience. The class format will depend on numbers. Minimum one 15 minute private lesson and 30 minutes of practice time.

Adult Active for Life Session #1 (September to October 2022)

Adult CanSkate	Sundays	2:15-3:00pm	Sept. 11,18,25 Oct. 2,16,23,30	7 Classes	\$105	GGA
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GGA=Glengarry Arena **NO CLASSES: October 9th,10th,31st**

Adult Active for Life Session #2 (November to December 2022)

Adult CanSkate	Sundays	2:15-3:00pm	Nov. 6,13,20,27 Dec. 4,11,18	7 Classes	\$105	GGA
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GGA=Glengarry Arena / CDA=Castle Downs Arena **NO CLASSES: November 10th**

Adult Active for Life Session #3 (January to March 2023)

Adult CanSkate	Sundays	2:15-3:00pm	Jan. 8,15,22,29 Feb. 5,12,26 Mar. 5,12,19,26	11 Classes	\$165	GGA
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GGA=Glengarry Arena / CDA=Castle Downs Arena **NO CLASSES: February 19th,20th**

Friends of Fliteway (Adult Figure Skating)

To further support adult skating within Edmonton, Fliteway has teamed up with other skating clubs to offer additional days and options.

Fridays, Meadows Recreational Centre 7:00-8:00pm

For additional information, contact: Clyde Hammer hammerclyde@gmail.com