



*Where skating takes flite.*



## 2023-2024 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/What To Wear

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 sent out by email. Please make sure your 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 classes 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.

### **Financing Available (KidSport/JumpStart) -ask how we can help!**

<p style="text-align: center;"><u><b>Arena Locations</b></u></p> <p>CastleDowns Arena: 11520-153 Ave. Edmonton  Grand Trunk Arena 13025 112st., Edmonton  Glangarry Arena 13340 85st. NW, Edmonton</p>	<p style="text-align: center;"><u><b>Office Hours/Contact Us</b></u></p> <p>Check out <a href="http://www.fliteway.ca">www.fliteway.ca</a> for up-to-date office hours  <a href="mailto:infofliteway@gmail.com">infofliteway@gmail.com</a> / 780-472-1810  Like us on <a href="#">Facebook</a>: Fliteway Skating Club.</p>
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# 2024 Pre-CanSkate / CanSkate Reference Sheet

## Pre-CanSkate/CanSkate (April/May 2024)

Pre-CanSkate	Mondays	5:30-6:15pm	April 8,15,22,29 May 6,13	6 Classes	\$96	CDA
Pre-CanSkate	Tuesdays	6:15-7:00pm	April 2,9,16,23,30 May 7,14	7 Classes	\$112	CDA
Pre-CanSkate	Thursdays	5:45-6:30pm	April 11,18,25 May 2,9,16	6 Classes	\$96	CDA
CanSkate	Mondays	5:30-6:15pm	April 8,15,22,29 May 6,13	6 Classes	\$96	CDA
CanSkate	Tuesdays	6:15-7:00pm	April 2,9,16,23,30 May 7,14	7 Classes	\$112	CDA
CanSkate	Thursdays	5:45-6:30pm	April 11,18,25 May 2,9,16	6 Classes	\$96	CDA

CDA=Castle Downs Arena

### IMPORTANT NOTICE

Castle Down closes for maintenance from June 10<sup>th</sup> to July 20<sup>th</sup>. Classes between June 10 and July 20<sup>th</sup> will be at the Clareview Recreational Centre. 3804 139 Ave NW, Edmonton, AB T5Y 3G4

## Pre-CanSkate/CanSkate (June 2024)

Pre-CanSkate	Tuesdays	5:45-6:30pm	June 4,11,18,25	4 Classes	\$64	CDA/CV
Pre-CanSkate	Thursdays	5:45-6:30pm	June 6,13,20,27	4 Classes	\$64	CDA/ CV
CanSkate	Tuesdays	5:45-6:30pm	June 4,11,18,25	4 Classes	\$64	CDA/CV
CanSkate	Thursdays	5:45-6:30pm	June 6,13,20,27	4 Classes	\$64	CDA/CV

CDA=Castle Downs Arena / CV Clareview Arena

## Pre-CanSkate/CanSkate (July/August 2024)

Pre-CanSkate	Week #1	Tues to Thurs	5:45-6:30pm	July 2,3,4	3 Classes	\$48	CV
Pre-CanSkate	Week #2	Mon to Thurs	5:45-6:30pm	July 8,9,10,11	4 Classes	\$64	CV
Pre-CanSkate	Week #3	Mon to Thurs	5:45-6:30pm	July 15,16,17,18	4 Classes	\$64	CV
Pre-CanSkate	Week #4	Mon to Thurs	5:45-6:30pm	July 22,23,24,25	4 Classes	\$64	CDA
Pre-CanSkate	Week #5	Mon to Thurs	5:45-6:30pm	July 29,30,31 Aug. 1	4 Classes	\$64	CDA
Pre-CanSkate	Week #6	Tues to Thurs	5:45-6:30pm	Aug 6,7,8	3 Classes	\$48	CDA
CanSkate	Week #1	Tues to Thurs	5:45-6:30pm	July 2,3,4	3 Classes	\$48	CV
CanSkate	Week #2	Mon to Thurs	5:45-6:30pm	July 8,9,10,11	4 Classes	\$64	CV
CanSkate	Week #3	Mon to Thurs	5:45-6:30pm	July 15,16,17,18	4 Classes	\$64	CV
CanSkate	Week #4	Mon to Thurs	5:45-6:30pm	July 22,23,24,25	4 Classes	\$64	CDA
CanSkate	Week #5	Mon to Thurs	5:45-6:30pm	July 29,30,31 Aug. 1	4 Classes	\$64	CDA
CanSkate	Week #6	Tues to Thurs	5:45-6:30pm	Aug 6,7,8	3 Classes	\$48	CDA

CV= Clareview Arena / CDA=Castle Downs Arena

### Recommendations / Equipment

- CSA Certified Hockey Helmets MANDATORY!
- Requires sharpened skates with good ankle support  
Fliteway recommends

**ProSkate (For all your equipment needs)**

West Edmonton / 16972-111 Ave

[www.proskate.ca](http://www.proskate.ca)

### Skate Canada Membership \$50

All skaters must be registered with Skate Canada. The annual membership/insurance fee is \$58.00 and is valid from September 1 to August 31. This fee is 100% non-refundable. Fliteway pays the membership on your behalf and is offered at a reduced rate.