

# LEARN TO SKATE

2024-2025



**Fliteway  
Skating Club**

**Pre-CanSkate / CanSkate / Adult Learn To Skate  
Inclusive & Adaptive Skating**  
Register Online or In Person

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Excellent Starting Point For All Ice Sports

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

## Learn To Skate Programs

- Pre-CanSkate
- CanSkate
- Recreational Figure Skating
- Adult Learn To Skate
- Inclusive & Adaptive Program

## Figure Skating Programs

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

## Skate Canada Membership Fee \$62.00

- 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](http://www.skatecanada.ca)

## Equipment

Skaters are required to wear approved CSA Certified Hockey Helmets and skates with good ankle support. Fliteway recommends ProSkate for all your skating needs.



**CSA Approved Helmet!**  
Look for the sticker!

## Professional Skate Service

16972 111 Ave NW, Edmonton AB T5M4C9 · 27 km  
(780) 481-5532    [www.proskate.ca](http://www.proskate.ca)

## 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](http://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), debt Visa and cash (no cheques please).

## Financial Assistance

- KidSport and JumpStart (ask for assistance)

## 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 online registration.

☐ Payments can be made by *credit card, debt visa or cash*

☐ Schedules are subject to change. Please check your newsletters and notices. If you opted out when setting up your account you will NOT receive last minute notifications regarding changes. To opt back in please email the office manager.

☐ 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.

**More Information: Please see our Reference Sheet for information on your first day of classes, times, dates, arena locations, and fees.**  
**(front page of our website)**

# 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.



## Inclusive & Adaptive Skating (NEW)

This program is designed to support children with varying physical and cognitive abilities in their quest to learn to skate.



## 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 are completed.



## 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)

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 that 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 minutes of on-ice instruction. Skaters will be placed in small groups according to age and skating level.

### Pre-CanSkate/CanSkate Session #1 (September to October 2024)

Pre-CanSkate #1	Mondays	5:45-6:30pm	Sept. 9,16,23,30 Oct. 7,21,28	7 Classes	\$115.50	GTA
Pre-CanSkate #2	Tuesdays	6:15-7:00pm	Sept. 3,10,17,24 Oct. 1,8,15,22,29	9 Classes	\$148.50	CDA
Pre-CanSkate #3	Thursdays	5:45-6:30pm	Sept. 5,12,19,26 Oct. 3,10,17,24	8 Classes	\$132	CDA
Pre-CanSkate #4	Sundays	12:00-12:45pm	Sept. 8,15,22,29 Oct. 6,20,27	7 Classes	\$115.50	GTA
Pre-CanSkate #5	Sundays	12:30-1:15pm	Sept. 8,15,22,29 Oct. 6,20,27	7 Classes	\$115.50	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: October Oct. 13,14,31**

### Pre-CanSkate/CanSkate Session #2 (November to December 2024)


Pre-CanSkate #6	Mondays	5:45-6:30pm	Nov. 4,18,25 Dec. 2,9,16	6 Classes	\$99	GTA
Pre-CanSkate #7	Tuesdays	6:15-7:00pm	Nov. 5,12,19,26 Dec. 3,10	6 Classes	\$99	CDA
Pre-CanSkate #8	Thursdays	5:45-6:30pm	Nov. 7,14,21,28 Dec. 5,12,19	7 Classes	\$115.50	CDA
Pre-CanSkate #9	Sundays	12:00-12:45pm	Nov. 3,10,17,24 Dec. 1,8,15,22	8 Classes	\$132	GTA
Pre-CanSkate #10	Sundays	12:30-1:15pm	Nov. 3,10,17,24 Dec. 1,8,15,22	8 Classes	\$132	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: November 11**

### Pre-CanSkate/CanSkate Session #3 (January to March 2025)

Pre-CanSkate #11	Mondays	5:45-6:30pm	Jan. 6,13,20,27 Feb. 3,10,17,24 Mar. 3,10,17,24	12 Classes	\$198	GTA
Pre-CanSkate #12	Tuesdays	6:15-7:00pm	Jan. 7,14,21,28 Feb. 4,11,18,25 Mar. 4,11,18,25	12 Classes	\$198	CDA
Pre-CanSkate #13	Thursdays	5:45-6:30pm	Jan. 9,16,23,30 Feb. 6,13,20,27 Mar. 6,13,20,27	12 Classes	\$198	CDA
Pre-CanSkate #14	Sundays	12:00-12:45pm	Jan. 5,12,19,26 Feb. 2,9,23 Mar. 2,9,16,23,30	12 Classes	\$198	GTA
Pre-CanSkate #15	Sundays	12:30-1:15pm	Jan. 5,12,19,26 Feb. 2,9,23 Mar. 2,9,16,23,30	12 Classes	\$198	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: February 16**

Recommendations / Equipment	Skate Canada Membership \$62
<ul style="list-style-type: none"> <li>CSA Certified Hockey Helmets are MANDATORY!</li> <li>Requires sharpened skates with good ankle support.</li> </ul>  <p><b>LOOK FOR THE STICKER!</b></p>	<p>All skaters must be registered with Skate Canada. The annual membership/insurance fee is \$62 and is valid from September 1 to August 31. This fee is non-refundable. Fliteway pays the membership on your behalf.</p> <p><b>NOTE: We are only charging \$55 for the membership.</b></p>

Mondays and Sundays are at Grand Trunk Arena  
Tuesdays and Thursdays are at Castle Downs Arena



## 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/CanSkate Session #1 (September to October 2024)

CanSkate #1	Mondays	5:45-6:30pm	Sept. 9,16,23,30 Oct. 7,21,28	7 Classes	\$115.50	GTA
CanSkate #2	Tuesdays	6:15-7:00pm	Sept. 3,10,17,24 Oct. 1,8,15,22,29	9 Classes	\$148.50	CDA
CanSkate #3	Thursdays	5:45-6:30pm	Sept. 5,12,19,26 Oct. 3,10,17,24	8 Classes	\$132	CDA
CanSkate #4	Sundays	12:15-1:00pm	Sept. 8,15,22,29 Oct. 6,20,27	7 Classes	\$115.50	GTA

GTA= Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: October Oct. 13,14,31**

### CanSkate/CanSkate Session #2 (November to December 2024)

CanSkate #5	Mondays	5:45-6:30pm	Nov. 4,18,25 Dec. 2,9,16	6 Classes	\$99	GTA
CanSkate #6	Tuesdays	6:15-7:00pm	Nov. 5,12,19,26 Dec. 3,10	6 Classes	\$99	CDA
CanSkate #7	Thursdays	5:45-6:30pm	Nov. 7,14,21,28 Dec. 5,12,19	7 Classes	\$115.50	CDA
CanSkate #8	Sundays	12:15-1:00pm	Nov. 3,10,17,24 Dec. 1,8,15,22	8 Classes	\$132	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: November 11**

### CanSkate/CanSkate Session #3 (January to March 2025)

CanSkate #9	Mondays	5:45-6:30pm	Jan. 6,13,20,27 Feb. 3,10,17,24 Mar. 3,10,17,24	12 Classes	\$198	GTA
CanSkate #10	Tuesdays	6:15-7:00pm	Jan. 7,14,21,28 Feb. 4,11,18,25 Mar. 4,11,18,25	12 Classes	\$198	CDA
CanSkate #11	Thursdays	5:45-6:30pm	Jan. 9,16,23,30 Feb. 6,13,20,27 Mar. 6,13,20,27	12 Classes	\$198	CDA
CanSkate #12	Sundays	12:15-1:00pm	Jan. 5,12,19,26 Feb. 2,9,23 Mar. 2,9,16,23,30	12 Classes	\$198	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: February 16**

#### Recommendations / Equipment

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



**LOOK FOR THE STICKER!**

#### Skate Canada Membership \$44

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.

**NOTE: We are only charging \$55 for the membership**

**Mondays and Sundays are at Grand Trunk Arena  
Tuesdays and Thursdays are at Castle Downs Arena**

## Adult CanSkate (Learn To Skate)

This custom-designed program is 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 2024)

Adult CanSkate	Mondays	5:45-6:30pm	Sept. 9,16,23,30 Oct. 7,21,28	7 Classes	\$115.50	GTA
Adult CanSkate	Sundays	1:00-1:45pm	Sept. 8,15,22,29 Oct. 6,20,27	7 Classes	\$115.50	GTA

**GTA=Grand Trunk Arena**

### Adult Learn To Skate Session #2 (November to December 2024)

Adult CanSkate	Mondays	5:45-6:30pm	Nov. 4,18,25 Dec. 2,9,16	6 Classes	\$99	GTA
Adult CanSkate	Sundays	1:00-1:45pm	Nov. 3,10,17,24 Dec. 1,8,15,22	8 Classes	\$132	GTA

**GTA=Grand Trunk Arena**

### Adult Learn To Skate Session #3 (January to March 2025)

Adult CanSkate	Mondays	5:45-6:30pm	Jan. 6,13,20,27 Feb. 3,10,17,24 Mar. 3,10,17,24	12 Classes	\$198	GTA
Adult CanSkate	Sundays	1:00-1:45pm	Jan. 5,12,19,26 Feb. 2,9,23 Mar. 2,9,16,23,30	12 Classes	\$198	GTA

**GTA=Grand Trunk Arena**

## 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 2024)

Adult CanSkate	Sundays	1:00-2:00pm	Sept. 8,15,22,29 Oct. 6,20,27	7 Classes	\$115.50	GTA
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**GTA=Grand Trunk Arena**

### Adult Active for Life Session #2 (November to December 2024)

Adult CanSkate	Sundays	1:00-2:00pm	Nov. 3,10,17,24 Dec. 1,8,15,22	8 Classes	\$132	GTA
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**GTA=Grand Trunk Arena**

### Adult Active for Life Session #3 (January to March 2025)

Adult CanSkate	Sundays	1:00-2:00pm	Jan. 5,12,19,26 Feb. 2,9,23 Mar. 2,9,16,23,30	12 Classes	\$198	GTA
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**GTA=Grand Trunk Arena**

## Inclusive & Adaptive Skating Program

Please contact the club office for additional information before registering for this program.

## Adaptive Skating Session #1 (*September to October 2024*)

Adaptive	Sundays	1:00-2:00pm	Sept. 8,15,22,29 Oct. 6,20,27	7 Classes	\$115.50	GTA
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GTA=Grand Trunk Arena

## Adaptive Skating #2 (November to December 2024)

Adaptive	Sundays	1:00-2:00pm	Nov. 3,10,17,24 Dec. 1,8,15,22	8 Classes	\$132	GTA
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GTA=Grand Trunk Arena

### Adaptive Skating #3 (*January to March 2025*)

Adaptive	Sundays	1:00-2:00pm	Jan. 5,12,19,26 Feb. 2,9,23 Mar. 2,9,16,23,30	12 Classes	\$198	GTA
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GTA=Grand Trunk Arena