

# LEARN TO SKATE

2025-2026



**Fliteway  
Skating Club**

**Pre-CanSkate / CanSkate / Adult Learn To Skate  
Adult Figure Skating / 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 CanSkate (Learn To Skate)
- Adaptive Program

## Figure Skating Programs

- STAR Academy / STAR Group
- STAR 1 to 5 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. ALL Skate Canada-sanctioned clubs are required to register all participants with Skate Canada. For more information regarding the Skate Canada Membership 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 (Pro-Skate)

16972 111 Ave NW, Edmonton AB T5M4C9

(780) 481-5532    [www.proskate.ca](http://www.proskate.ca)

## Questions (We are here to help)

Clyde Hammer (Program Director) [hammerclyde@gmail.com](mailto:hammerclyde@gmail.com)  
Michelle McBrydie (Office Manager) [infofliteway@gmail.com](mailto:infofliteway@gmail.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](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.

## THE BEST CURRICULUM

A comprehensive series of balance, control, and agility skills designed to prepare skaters for all ice sports

## THE BEST COACHES

Coaches are certified by the National Coaching Certification Program. They are highly trained through our Sport Governing Body, Skate Canada.

## THE BEST START

CanSkate provides skaters with a strong foundation for figure skating, hockey, speed skating, and ringette



**Fliteway  
Skating Club**

## THE BEST RESULTS

Many of the best skaters in the world started in CanSkate, including Olympic Figure Skaters, Olympic Speed Skaters, and 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)

## Adaptive Skating / Special Olympics (Second Season)

These programs are designed to support children with varying physical and cognitive abilities in their quest to learn to skate. We are proud to offer financial assistance to ensure every skater has the opportunity to participate.

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

Pre-CanSkate is a learn to skate program for ages 3 and up or skaters who have never been on the ice before. 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's 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 Session #1 (September to October 2025)

Pre-CanSkate #1	Mondays	5:30-6:15pm	Sept. 8,15,22,29 Oct. 6,20,27	7-Classes	\$115.50	GTA
Pre-CanSkate #2	Tuesdays	6:00-6:45pm	Sept 2,9,16,23, 30 Oct. 7,14,21,28	9-Classes	\$148.50	CDA
Pre-CanSkate #3	Tuesdays	6:30-7:15pm	Sept 2,9,16,23, 30 Oct. 7,14,21,28	9-Classes	\$148.50	CDA
Pre-CanSkate #4	Thursdays	5:30-6:15pm	Sept 4,11,18,25 Oct. 2,9,16,23,30	9-Classes	\$148.50	CDA
Pre-CanSkate #5	Thursdays	6:00-6:45pm	Sept 4,11,18,25 Oct. 2,9,16,23,30	9-Classes	\$148.50	CDA
Pre-CanSkate #6	Sundays	12:00-12:45pm	Sept. 7,14,21,28 Oct. 5,19,26	7-Classes	\$115.50	GTA
Pre-CanSkate #7	Sundays	12:30-1:15pm	Sept. 7,14,21,28 Oct. 5,19,26	7-Classes	\$115.50	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: October 12,13**

### Pre-CanSkate Session #2 (November to December 2025)


Pre-CanSkate #8	Mondays	5:30-6:15pm	Nov 3,10,17,24 Dec 1,8,15	7-Classes	\$115.50	GTA
Pre-CanSkate #9	Tuesdays	6:00-6:45pm	Nov. 4,18,25 Dec 2,9	5-Classes	\$82.50	CDA
Pre-CanSkate #10	Tuesdays	6:30-7:15pm	Nov. 4,18,25 Dec 2,9	5-Classes	\$82.50	CDA
Pre-CanSkate #11	Thursdays	5:30-6:15pm	Nov 6,13,20,27 Dec 4,11,18	7-Classes	\$115.50	CDA
Pre-CanSkate #12	Thursdays	6:00-6:45pm	Nov 6,13,20,27 Dec 4,11,18	7-Classes	\$115.50	CDA
Pre-CanSkate #13	Sundays	12:00-12:45pm	Nov 2,9,16,23,30 Dec 7,14,21	8-Classes	\$132	GTA
Pre-CanSkate #14	Sundays	12:30-1:15pm	Nov 2,9,16,23,30 Dec 7,14,21	8-Classes	\$132	GTA

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

### Pre-CanSkate Session #3 (January to March, 2026)

Pre-CanSkate #15	Mondays	5:30-6:15pm	Jan 5,12,19,26 Feb 2,9,23 Mar 2,9,16,23	11-Classes	\$181.50	GTA
Pre-CanSkate #16	Tuesdays	6:00-6:45pm	Jan 6,13,20,27 Feb 3,10,17,24 Mar 3,10,17,24	12-Classes	\$198	CDA
Pre-CanSkate #17	Tuesdays	6:30-7:15pm	Jan 6,13,20,27 Feb 3,10,17,24 Mar 3,10,17,24	12-Classes	\$198	CDA
Pre-CanSkate #18	Thursdays	5:30-6:15pm	Jan 8,15,22,29 Feb 5,12,19,26 Mar 5,12,19,26	12- Classes	\$198	CDA
Pre-CanSkate #19	Thursdays	6:00-6:45pm	Jan 8,15,22,29 Feb 5,12,19,26 Mar 5,12,19,26	12- Classes	\$198	CDA
Pre-CanSkate #20	Sundays	12:00-12:45pm	Jan 4,11,18,25 Feb 1,8,22 Mar 1,8,15,22,29	11-Classes	\$181.50	GTA
Pre-CanSkate #21	Sundays	12:30-1:15pm	Jan 4,11,18,25 Feb 1,8,22 Mar 1,8,15,22,29	11-Classes	\$181.50	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: February. 15,16**

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 to Skate Canada on your behalf.</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 Session #1 (September to October 2025)

CanSkate #1	Mondays	5:30-6:15pm	Sept. 8,15,22,29 Oct. 6,20,27	7-Classes	\$115.50	GTA
CanSkate #2	Tuesdays	6:15-7:00pm	Sept 2,9,16,23, 30 Oct. 7,14,21,28	9-Classes	\$148.50	CDA
CanSkate #3	Thursdays	5:45-6:30pm	Sept 4,11,18,25 Oct. 2,9,16,23,30	9-Classes	\$148.50	CDA
CanSkate #4	Sundays	12:15-1:00pm	Sept. 7,14,21,28 Oct. 5,19,26	7-Classes	\$115.50	GTA

GTA= Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: October. 12,13**

### CanSkate Session #2 (November to December 2025)


CanSkate #5	Mondays	5:30-6:15pm	Nov 3,10,17,24 Dec 1,8,15	7-Classes	\$115.50	GTA
CanSkate #6	Tuesdays	6:15-7:00pm	Nov. 4,18,25 Dec 2,9	5-Classes	\$82.50	CDA
CanSkate #7	Thursdays	5:45-6:30pm	Nov 6,13,20,27 Dec 4,11,18	7-Classes	\$115.50	CDA
CanSkate #8	Sundays	12:15-1:00pm	Nov 2,9,16,23,30 Dec 7,14,21	8-Classes	\$132	GTA

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

### CanSkate Session #3 (January to March 2026)

CanSkate #9	Mondays	5:30-6:15pm	Jan 5,12,19,26 Feb 2,9,23 Mar 2,9,16,23	11-Classes	\$181.50	GTA
CanSkate #10	Tuesdays	6:15-7:00pm	Jan 6,13,20,27 Feb 3,10,17,24 Mar 3,10,17,24	12-Classes	\$198	CDA
CanSkate #11	Thursdays	5:45-6:30pm	Jan 8,15,22,29 Feb 5,12,19,26 Mar 5,12,19,26	12- Classes	\$198	CDA
CanSkate #12	Sundays	12:15-1:00pm	Jan 4,11,18,25 Feb 1,8,22 Mar 1,8,15,22,29	11-Classes	\$181.50	GTA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: February 15,16**

Recommendations / Equipment	Skate Canada Membership \$62
<ul style="list-style-type: none"> <li>CSA Certified Hockey Helmets are <b>MANDATORY!</b></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 100% non-refundable. Fliteway pays the membership on your behalf.</p>

**\*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 2025)

Adult CanSkate	Mondays	5:30-6:15pm	Sept. 8,15,22,29 Oct. 6,20,27	7-Classes	\$115.50	GTA
Adult CanSkate	Sundays	1:15-2:00pm	Sept. 7,14,21,28 Oct. 5,19,26	7-Classes	\$115.50	GTA

GTA= Grand Trunk Arena **NO CLASSES: October 12,13**

### Adult Learn To Skate Session #2 (November to December 2025)

Adult CanSkate	Mondays	5:30-6:15pm	Nov 3,10,17,24 Dec 1,8,15	7-Classes	\$115.50	GTA
Adult CanSkate	Sundays	1:15-2:00pm	Nov 2,9,16,23,30 Dec 7,14,21	8-Clses	\$132	GTA

GTA=Grand Trunk Arena **NO CLASSES: NO CLASSES: Nov. 11**

### Adult Learn To Skate Session #3 (January to March 2026)

Adult CanSkate	Mondays	5:30-6:15pm	Jan 5,12,14,26 Feb 2,9,25 Mar 2,9,11,23	11-Classes	\$181.50	GTA
Adult CanSkate	Sundays	1:15-2:00pm	Jan 4,11,18,25 Feb 1,8,22 Mar 1,8,15,22,29	11-Classes	\$181.50	GTA

GTA=Grand Trunk Arena **NO CLASSES: February 15,16**

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## 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 Figure Skating #1 (September to October 2025)

Adult Figure Skating	Mondays	6:15-7:00pm	Sept. 8,15,22,29 Oct. 6,20,27	7-Classes	\$115.50	GTA
Adult Figure Skating	Thursdays	6:45-7:30pm	Sept 4,11,18,25 Oct. 2,9,16,23,30	9-Classes	\$148.50	CDA

GTA= Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: October. 12,13**

### Adult Figure Skating Session #2 (November to December 2025)

Adult Figure Skating	Mondays	6:15-7:00pm	Nov 3,10,17,24 Dec 1,8,15	7-Classes	\$115.50	GTA
Adult Figure Skating	Thursdays	6:45-7:30pm	Nov 6,13,20,27 Dec 4,11,18	7-Classes	\$115.50	CDA

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

### Adult Figure Skating #3 (January to March 2026)

Adult Figure Skating	Mondays	6:15-7:00pm	Jan 5,12,19,26 Feb 2,9,23 Mar 2,9,16,23	11-Classes	\$181.50	GTA
Adult Figure Skating	Thursdays	6:45-7:30pm	Jan 8,15,22,29 Feb 5,12,19,26 Mar 5,12,19,26	12- Classes	\$198	CDA

GTA=Grand Trunk Arena / CDA=Castle Downs Arena **NO CLASSES: February 15,16**



## Adaptive Skating Program

Fliteway is an inclusive skating club dedicated to providing adapted lessons for individuals with physical and/or cognitive disabilities. Our mission is to empower skaters of all abilities to experience the joy of skating in a positive, supportive, and welcoming environment. Before registering, we kindly ask families to contact the club office for more information. This allows us to better understand your skater's needs and recommend the most appropriate program.

### Complimentary On-Ice Assessment

We offer a free on-ice consultation and general assessment with each family. This helps determine whether a skater would benefit most from:

- Our adaptive programming, or
- Participation in one of our mainstream programs with or without additional support

### Individual Support

Our Teacher Assistants are available to provide personalized, one-on-one assistance throughout the learning process, ensuring each skater is supported in a way that best suits their needs.

### Adaptive Skating Session #1 (*September to October 2025*)

Adaptive	Sundays	1:15-2:00pm	Sept. 7,14,21,28 Oct. 5,19,26	7-Classes	\$87	GTA
GTA=Grand Trunk Arena NO CLASSES: October. 12						

### Adaptive Skating #2 (*November to December 2025*)

Adaptive	Sundays	1:15-2:00pm	Nov 2,9,16,23,30 Dec 7,14,21	8-Classes	\$100	GTA
GTA=Grand Trunk Arena						

### Adaptive Skating #3 (*January to March 2026*)

Adaptive	Sundays	1:15-2:00pm	Jan 4,11,18,25 Feb 1,8,22 Mar 1,8,15,22,29	11-Classes	\$137	GTA
GTA=Grand Trunk Arena NO CLASSES: February 15						

### Financial Support

- Adaptive Skaters registered in our regular programming (e.g., CanSkate, Pre-CanSkate), will receive a 25% discount on regular program fees.
- For skaters enrolled in the Adaptive Skating Program, the 25% discount is already applied to the fees listed above.

**How to Qualify:** To receive the discount, skaters must be registered with Special Olympics. The registration process is simple — just let us know you're interested, and we'll help guide you through

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## Special Olympics Figure Skating

The Fliteway Special Olympics Figure Skating Program provides a welcoming environment for athletes of all abilities to develop confidence, acquire new skills, and experience the thrill of Figure Skating. Our experienced coaching staff provide a positive, encouraging, and supportive environment.

We are proud to offer financial assistance, ensuring that cost is never a barrier to participation. Our goal is to make figure skating accessible, fun, and rewarding for everyone. Skaters will require an assessment so we can determine the most suitable program and times.