



Where skating takes flite.



2026-27 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 before 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 skaters will meet inside their assigned change rooms before 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 parents will be needed. CanSkate skaters will meet by the ice surface before their class starts.

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. Have your child walk around in their skates before purchasing them. Your child's ankles should remain upright and well-supported. 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, fun activity at the end. 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!

Arena Locations

CastleDowns Arena: 11520-153 Ave. Edmonton
Grand Trunk Arena: 13025 112 St. NW, Edmonton

Office Hours/Contact Us

Check out www.fliteway.ca for up-to-date office hours
infofliteway@gmail.com / 780-472-1810
Like us on [Facebook](https://www.facebook.com/FlitewaySkatingClub): Fliteway Skating Club.

2026-2027 Pre-CanSkate / CanSkate Reference Sheet

Pre-CanSkate/ CanSkate Session #1 (September to October 2026)

Pre-CanSkate #1	Mondays	5:30-6:15pm	Sept. 14,21,28 Oct. 5,19,26	6 Classes	\$99	GTA
Pre-CanSkate #2	Tuesdays	5:15-6:00pm	Sept. 1,8,15,22,29 Oct. 6,13,20,27	9 Classes	\$148.50	CDA
Pre-CanSkate #3	Tuesdays	6:15-7:00pm	Sept. 1,8,15,22,29 Oct. 6,13,20,27	9 Classes	\$148.50	CDA
Pre-CanSkate #4	Thursdays	5:45-6:30pm	Sept. 3,10,17,24 Oct. 1,8,15,22,29	9 Classes	\$148.50	CDA
Pre-CanSkate #5	Thursdays	6:15-7:00pm	Sept. 3,10,17,24 Oct. 1,8,15,22,29	9 Classes	\$148.50	CDA
Pre-CanSkate #6	Sundays	12:00-12:45pm	Sept. 13,20,27 Oct. 4,18,25	6 Classes	\$99	GTA
Pre-CanSkate #7	Sundays	12:30-1:15pm	Sept. 13,20,27 Oct. 4,18,25	6 Classes	\$99	GTA
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CanSkate #4	Sundays	12:15-1:00pm	Sept. 13,20,27 Oct. 4,18,25	6 Classes	\$99	GTA

GTA = Grand Trunk Arena / CDA = Castle Downs Arena **NO CLASSES: Oct. 11-12**

Pre-CanSkate / CanSkate Session #2 (November to December 2026)

Pre-CanSkate #8	Mondays	5:30-6:15pm	Nov. 2,9,16,23,30 Dec. 7,14,21	8 Classes	\$132	GTA
Pre-CanSkate #9	Tuesdays	5:15-6:00pm	Nov. 3,10,17,24, Dec. 1,8	6 Classes	\$99	CDA
Pre-CanSkate #10	Tuesdays	6:15-7:00pm	Nov. 3,10,17,24, Dec. 1,8	6 Classes	\$99	CDA
Pre-CanSkate #11	Thursdays	5:45-6:30pm	Nov. 5,19,26, Dec. 3,10,17	6 Classes	\$99	CDA
Pre-CanSkate #12	Thursdays	6:15-7:00pm	Nov. 5,19,26, Dec. 3,10,17	6 Classes	\$99	CDA
Pre-CanSkate #13	Sundays	12:00-12:45pm	Nov. 1,8,15,22,29 Dec. 6,13,20	8 Classes	\$132	GTA
Pre-CanSkate #14	Sundays	12:30-1:15pm	Nov. 1,8,15,22,29 Dec. 6,13,20	8 Classes	\$132	GTA
CanSkate #5	Mondays	5:30-6:15pm	Nov. 2,9,16,23,30 Dec. 7,14,21	8 Classes	\$132	GTA
CanSkate #6	Tuesdays	6:15-7:00pm	Nov. 3,10,17,24, Dec. 1,8	6 Classes	\$99	CDA
CanSkate #7	Thursdays	6:00-6:45pm	Nov. 5,19,26, Dec. 3,10,17	6 Classes	\$99	CDA
CanSkate #8	Sundays	12:15-1:00pm	Nov. 1,8,15,22,29 Dec. 6,13,20	8 Classes	\$132	GTA

GTA = Grand Trunk Arena / CDA = Castle Downs Arena **NO CLASSES: November 12**

Pre-CanSkate / CanSkate Session #3 (January to March 2027)

Pre-CanSkate #15	Mondays	5:30-6:15pm	Jan. 4,11,18,25 Feb. 1,8,22, Mar. 1,8,15,22	11 Classes	\$181.50	GTA
Pre-CanSkate #16	Tuesdays	5:15-6:00pm	Jan. 5,12,19,26 Feb. 2,9,16,23 Mar. 2,9,16,23	12 Classes	\$198	CDA
Pre-CanSkate #17	Tuesdays	6:15-7:00pm	Jan. 5,12,19,26 Feb. 2,9,16,23 Mar. 2,9,16,23	12 Classes	\$198	CDA
Pre-CanSkate #18	Thursdays	5:45-6:30pm	Jan. 7,14,21,28 Feb. 4,11,18,25 Mar. 4,11,18,25	12 Classes	\$198	CDA
Pre-CanSkate #19	Thursdays	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 #20	Sundays	12:00-12:45pm	Jan. 3,10,17,24,31 Feb. 7,21,28 Mar. 7,14,21	11 Classes	\$181.50	GTA
Pre-CanSkate #21	Sundays	12:30-1:15pm	Jan. 3,10,17,24,31 Feb. 7,21,28 Mar. 7,14,21	11 Classes	\$181.50	GTA
CanSkate #9	Mondays	5:30-6:15pm	Jan. 4,11,18,25 Feb. 1,8,22, Mar. 1,8,15,22	11 Classes	\$181.50	GTA
CanSkate #10	Tuesdays	6:15-7:00pm	Jan. 5,12,19,26 Feb. 2,9,16,23 Mar. 2,9,16,23	12 Classes	\$198	CDA
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CanSkate #12	Sundays	12:15-1:00pm	Jan. 3,10,17,24,31 Feb. 7,21,28 Mar. 7,14,21	11 Classes	\$181.50	GTA

GTA = Grand Trunk Arena / CDA = Castle Downs Arena **NO CLASSES: February 14-15**

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	Skate Canada Membership \$65 All skaters must be registered with Skate Canada. The annual membership/insurance fee is \$65.00 and is valid from September 1 to August 31. This fee is 100% non-refundable.
Michelle (Office Manager) infofliteway@gmail.com	Clyde Hammer (Program Director) hammerclyde@gmail.com



PRE-CANSKATE / CANSKATE EQUIPMENT GUIDE



Proper equipment is essential for your child's safety, comfort, and success on the ice.



HELMETS (MANDATORY)

- All skaters must wear a CSA-approved hockey helmet.
- Helmets are required for Pre-CanSkate and CanSkate.
- The helmet must have a CSA sticker and fit snugly.
- **NOT allowed:** Bike helmets / Ski helmets / Multi-sport helmets.



Look for the CSA Sticker



RECOMMENDED

CSA-APPROVED HOCKEY HELMETS (REQUIRED FOR PRE-CANSKATE & CANSKATE)



NOT ALLOWED

BIKE HELMET



SKI HELMET



MULTI-SPORT HELMET



These helmets do **not** provide the necessary protection for ice skating and hockey.



SKATES

- Good ankle support (very important) – ankles should stay upright (not bend inward).
- Lace-up skates (better fit and control).
- Hockey OR figure skates are both acceptable.
- New skates **DO NOT** come sharpened – skates must be sharpened before first use.
- Continue sharpening regularly (about once every 10 to 15 classes).



RECOMMENDED

For Pre-CanSkate and CanSkate

FIGURE SKATES

Lace-up figure skates with good ankle support.



HOCKEY SKATES

Lace-up hockey skates with good ankle support.



WHY THESE ARE RECOMMENDED

- ✓ Provide good ankle support
- ✓ Allow for better balance and control
- ✓ Lace-up design for a secure, snug fit
- ✓ Help skaters learn skills safely and effectively



NOT RECOMMENDED

Skates to AVOID

PLASTIC OR MOLDED "SKI-BOOT" STYLE SKATES



- ✗ Do not provide proper ankle support or flexibility.

ADJUSTABLE / GROW-WITH-ME SKATES



- ✗ Do not provide a secure fit and reduce stability and control.

SKATES WITH BUCKLES, CLIPS OR STRAPS (INSTEAD OF LACES)



- ✗ Do not offer the secure, snug fit needed for proper support.

RECREATIONAL / FASHION SKATES NOT DESIGNED FOR ICE SKATING

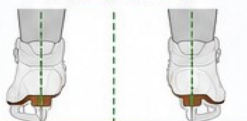


- ✗ Lack proper support and blade quality needed for skating and skill development.



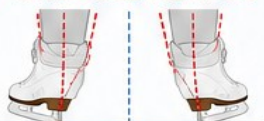
GOOD ANKLE SUPPORT

ANKLES UPRIGHT



POOR ANKLE SUPPORT

ANKLES COLLAPSE INWARD



IMPORTANT REMINDER



Properly fitted and sharpened skates help keep skaters safe, comfortable and confident on the ice!

When in doubt, ask a professional! Getting the right equipment makes a big difference.

