

### What is CanSkate?

CanSkate offers the best curriculum in Canada. If 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. All of our CanSkate sessions are led by NCCP Coaches!

Our Pre-CanSkate, CanSkate and Parent Assisted CanSkate sessions all share the same ice. Skaters will be broken into different groups and stations on the ice.

### Equipment Checklist:

- ☐ CSA Approved Hockey Helmet (Bicycle and Ski Helmets are NOT allowed - see pictures below)
- ☐ Skates (Skates with laces are recommended, no buckles - see pictures below)
- ☐ Warm Clothing (avoid scarves and long jackets, as they increase the risk of a fall)
- ☐ Gloves/Mittens
- ☐ If participating in Parent Assisted programming, **parents must wear skates** and need to know how to skate, in order to help the young skater. Helmets for parents are also highly recommended.

### Skate Care:

- ★ Be sure that skates are tightened properly to provide good ankle support.
- ★ When your skater is not on the ice, wear guards to protect the blades from damage or dulling. Be sure to walk only on the rubber flooring and do not walk on cement with the blades.
- ★ New skates need to be sharpened before being used. We recommend sharpening skates every 2-3 months.



Look for this CSA Sticker on the back of the helmet



Great helmet option! Cages are optional unless enrolled in Pre-Power or Power



Great helmet option! Cages are optional unless enrolled in Pre-Power or Power



Ski Helmets are NOT approved for CanSkate use



Bike Helmets are NOT approved for CanSkate use



Hockey Skates are a great option!



Figure Skates are a great option!



Figure Skates are a great option!



We do NOT recommend skates with buckles



We do NOT recommend skates with buckles