



CanSkate

Welcome to the 2024-25 CanSkate Season

Welcome to Skate Canada's flagship learn to skate program with the Perth Skating Club. This season the Perth Skating Club is happy to have Desiree Bellevue, Teri-Ann Kirkham and Chloe Paisley as well as many trained program assistants teaching your skater to master strong basic skating skills to prepare for all ice sports.

Our Program

The CanSkate program is organized into seven progressive stages of learning from PreCanSkate to Stage 6. This fast-paced program introduces skaters to the **ABC's** of skating that are **FUNDamental** skills for all ice sports.

A

B

C

Agility: concentrating on turning and jumping skills
Balance: concentrating on forward skills, pushing backwards skills, stopping techniques and edges.
Control: concentrating on and speed elements.

What to Expect

Skaters will rotate from station to station with continuous movement and with the use of the full ice surface, the fast track, group learning stations, and circuits, we will challenge all skaters to push their learning and further their progress by exposing them to more skills. Having a fun PreCanSkate and CanSkate session is critical to the success of our program; with creative exercises, and group activities the program is more active and engaging for our skaters. Grouping of the skaters is an ongoing process as skaters progress at their own speed. Skaters may be regrouped to ensure they are being challenged and exposed to new skills while continuing to practice and develop strong skating skills.



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Perth Figure Skating Club



www.PerthFigureSkatingClub.com

Required Equipment

Skaters attending our session will have more fun and advance faster if they are properly and safely equipped. The following is a listing of required equipment for the PreCanSkate & CanSkate session:



Skates should fit comfortably, with room for toes to wiggle slightly, but their heels should not lift inside the skate more than a 1/4 inch. Excess laces should be tucked or tied up (not wrapped around ankles) so that they do not drag on the ice. To protect the skate blades, skate guards should be worn in any area that is not protected by rubber mats. At the end of every session the blades should be wiped with a dry cloth to prevent rusting.



A CSA approved hockey helmet must be worn by all PreCanSkate and CanSkate skaters, up to & including Stage 5. **It is recommended** skaters wear a full cage mask; however, this is not a requirement.



Skaters should dress warmly for our sessions, but items such as scarves can be a hazard on the ice and should be avoided. We will spend time sitting on the ice, so waterproof clothing is highly recommended.



Waterproof mittens/gloves are required to keep hands warm, but also protect hands from the ice and sharp blades.

