

Skaters of all ages learn best when they are active, engaged, moving, challenged, motivated and having fun.

This is what CanSkate is all about!

Welcome to another skating season with the Perth Figure Skating Club. This season the PFSC is happy to have Desiree Bellevue, Leanne Paisley, Lise Drummond as well as many trained program assistants teaching your skater to master strong basic skating skills to prepare skaters for all ice sports – hockey, ringette, speed skating and figure skating.

The CanSkate session will be broken down into a warm up, lesson time, group activity and a cool down. The CanSkate program curriculum is organized into six progressive stages of learning. Each stage is then broken down into the ABC's of skating. **Agility:** concentrating on turning and jumping skills. **Balance:** concentrating on forward skills, pushing techniques and edges. **Control:** concentrating on backwards skills, stopping and speed elements. 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 and entertaining CanSkate session is critical to the success of the program; with a fun zone, creative exercises, and group activities the program is more fun, active, and engaging for our skaters. Grouping of the skaters is an ongoing process as skaters' progress at their own rate. Skaters may be shuffled from time to time to ensure they are being challenged and exposed to new skills while continuing to practice and develop skills. Skaters will receive a progress report at Christmas time and then again at the end of the skating season. If you have any questions about these skills please feel free to contact one of the coaches.

Skaters attending our session will have more fun and advance faster if they are properly and safely equipped. 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 so that they do not drag on the ice. A CSA approved hockey helmet **must** be worn by all PreCanSkate and CanSkate skaters, up to and including Stage 5. 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. Skaters should dress warmly for our sessions, but items such as scarves can be a hazard on the ice and should be avoided. Mittens or gloves are required to keep skaters warm and protect their hands. Parents are not allowed on the ice at any time, but are required to stay at the rink during the entire CanSkate/PreCanSkate session in case of any injury. Dressing rooms are available under the stands in order to get your skater ready for the session.

Communication is very important to the success of our programs so please do not hesitate to ask questions and give us your feedback. Please check the bulletin board in the lobby of the arena with updates and information throughout the season. You can also find us in the Perth Figure Skating Club office located at the top of the stairs in the arena or you can email us at perthfsc@gmail.com For updates and more information please visit our website - <https://perthfsc.uplifterinc.com/> or join us on our Facebook page at Perth Figure Skating Club.

Thank you for participating in our Program. We hope you and your skater(s) have a wonderful skating season and one that evokes an interest in life long participation in skating. Happy Skating!!

Important Dates:

- Saturday September 23 – PJ Day
- Saturday October 14 – **NO SKATING**
- Saturday October 21 – Halloween Dress up
- Saturday October 21 – Fundraising Dance
- Saturday October 28 – **NO SKATING**
- Saturday November 18 – Jersey Day
- Saturday December 2 – Santa Shuffle
- Saturday December 16 – Red & Green Day
- Christmas Ice - **TBD**
- Saturday January 13 – **Shortened Day** – Skating ends @ 9:50
- Saturday January 27 – Polka Dot and Stripes Day
- Saturday February 10 – Red & Pink Day
- Sunday March 4 – Ice Show