

FALL 2025

CanSkate & PreCanSkate Parent Handout



Welcome to Skating!

CANSKATE/PRECAANSKATE PARENT MEETINGS:

**IN THE SPECTATOR AREA of BLUE ARENA
for more information on the CANSkate Skate Canada Program**

Parent Meeting # 1 Sunday, September 28, 2025

Parent Meeting # 2 Thursday, October 2, 2025

Welcome to our fall skating adventure!

CanSkate (ages 6 and up) - Classes kick off with a full-ice warm-up on the fast track. Skaters will then break into smaller groups to focus on Control, Balance, and Agility. Throughout the sessions, they will practice existing skills and learn new ones, including crosscuts and backward skating, earning checkmarks, ribbons, and badges in Stages 1-6. Group progress will be monitored, and each skater will receive a Skate Canada progress report at the end of the session.

PreCanSkate (ages 3-5) - Classes begin off the ice near the spectator stands, where skaters learn to stand up, balance, turn, jump, and take small steps while fully dressed in equipment. Developing the necessary coordination and strength takes time, but parents can watch with pride as their little skater gains confidence over several sessions. Once ready, skaters will move onto the ice to learn standing, balancing, and two-foot gliding. Further progress will be tracked by introducing the essential skills needed for a smooth transition to CanSkate later on.

Let's make this fall season the most enjoyable yet,
filled with laughter, new friendships, and plenty of skating!

See you on the ice!

