

FALL 2026

CanSkate & PreCanSkate Parent Handout



Welcome to Skating!

CANSKATE/PRECANSKATE PARENT MEETINGS:

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

Parent Meeting # 1 Sunday, September 27, 2026

Parent Meeting # 2 Thursday, October 1, 2026

CanSkate (ages 6 and up) - Welcome to another exciting season of learning and progress on the ice! Each session begins with a full-ice warm-up on the fast track, followed by small-group instruction focused on developing Control, Balance, and Agility. Skaters will build on existing skills while learning new techniques such as crosscuts, backward skating, and other stage-specific skills. As they progress through Stages 1-6, they will earn checkmarks, ribbons, and badges that celebrate their achievements. Progress is monitored throughout the season, and each skater will receive a Skate Canada progress report at the end of the program.

PreCanSkate (ages 3-5) - Our youngest skaters begin their journey off the ice near the spectator stands, learning fundamental movement skills such as standing up, balancing, turning, jumping, and taking small steps while wearing full skating equipment. Building coordination, strength, and confidence takes time, and families will enjoy watching their young skaters grow with each class. Once ready, skaters transition onto the ice to practice standing, balancing, and two-foot gliding. Ongoing progress is encouraged through the development of foundational skating skills that prepare them for a successful move into CanSkate.

Let's make this our best skating season yet
filled with smiles, new friendships, and exciting achievements!

See you on the ice!

