

WINTER 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 Jan 11, 2026
Parent Meeting # 2 Thursday Jan 15, 2026

Welcome to our winter skating program!

As the weather turns frosty, we're excited to have you and your family join us on this skating adventure.

Registration is now open for Skate Canada Canskate and PreCanskate Programs with certified coaches.

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 on as their 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.

So, let's slide into winter fun!

Skate, meet new friends, and make the most of every moment on the ice!

See you at the rink!