

## Overview of Each Program



### High River Skating Club Canskate

#### Skate Canada Learn to Skate

This is Skate Canada's learn to skate program for beginners of all ages and offers basic skating instruction in a group format. It is taught by Skate Canada professional Coaches and assisted by Program Assistants.

Canskate develops future skaters by training their skills in balance, control, agility through a positive and engaging environment.

#### How does it work?

Each session will include a warm up, fast track, and cool down. Skaters will be organized into groups and rotated around to each of the different circuits.

#### Motivation

The Canskate program is a motivating and encouraging atmosphere meant to develop the skater using skill progressions. Skaters will receive a report card with ribbons/badges.

#### Program Assistants

Program Assistants are our Junior, Intermediate, and Senior level skaters who volunteer their time each week to assist in the delivery of the Canskate Program. PA's play a vital role in creating a fun and safe skating environment!

#### Responsibilities of Skaters/Parents:

Ensure skater gets to the arena on time with skates and proper warm clothing (gloves), including a CSA approved helmet.

We prefer skaters to wear hockey skates or figure skates to ensure correct skill development.

Register at: [www.hrskate.ca](http://www.hrskate.ca)

#### **2024 Fall Class:**

**Mondays (Oct – Dec): 6:15 – 7:00 pm**

- 8 Classes
- Start: Oct 21 End: Dec 16
- CanSkaters will also perform at our Christmas Showcase!

**Christmas Showcase: Dec 16**

**All sessions are on the large ice.**

#### **2025 Winter Class:**

**Mondays (Oct – Dec): 6:15 – 7:00 pm**

- 10 Classes
- Start: Jan 6 End: March 17
- CanSkaters will also perform at our Year-End Showcase!

**Year End Showcase: March 22**

**All sessions are on the large ice.**

Cost: \$110 - \$130 depending on which class (plus mandatory Skate Canada Association Membership Fee)

