

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.

Schedule for 2022-2023 Season:

Wednesdays (Oct – Dec): 5:15 pm – 6:00 pm

- Starting Oct 12, 2022, End Dec 14

Saturdays (Oct – Dec): 10:10 am – 10:55 am

- Starting Oct 15, 2022, End Dec 18

All sessions on the large ice.



Motivation

The Canskate program itself is a motivating atmosphere meant to develop the skater using skill progressions, and the skaters will receive report cards and badges depending on their levels of progress.

The ribbons and badges are rewarded according to the Canskate basics of balance, control, and agility, and range from a stage one (beginner Canskate) to a stage 6 (highest level Canskate.)

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. They assist the Coach in the set-up of circuits and stations and encourage your skaters on the ice. 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, including a CSA approved helmet and gloves. Parents are encouraged to wear a face covering to watch their child skate and must wear one in the dressing room to tie skates.

Register at: www.hrskate.ca

