

Why sign up for CanSkate?

What is CanSkate?

- CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Sport Canada's long-term athlete development (LTAD) principles, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

Who's it for?

- For beginners of all ages, children or adults, as well as for those wishing to improve their basic skills whether their focus be for figure skating, hockey, speed skating or just skating for fun.

Who teaches it?

- NCCP-trained professional coaches assisted by trained program assistants.

What will you learn?

- A complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating. CanSkate uses nationally tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster.

What can you expect?

- Action, movement and fun! Lessons are given in a group format with a coach-to-student ratio of a maximum 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.

Contact Us



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Socials



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Skate Canada

CANSKATE & PRECANSKATE

THORNCLIFFE GREENVIEW
TF
ICE SKATING CLUB



The Skaters Journey

Pre-CanSkate

Stage 1
Ages 3-5

Skaters at this level are brand new to the ice, and typically prefer to sit than stand!

Pre-CanSkate

Stage 2
Ages 3-5

These skaters may or may not have tried skating before. They can stand but moving is still difficult

Pre-CanSkate

Stage 3
Ages 3-5

Skaters at this level might have tried skating before. They can walk unassisted, and jump/turn on the spot

CanSkate

Stage 1
Ages 5-9

These skaters might have tried skating before. They can stand, but may need help moving for the first few weeks!

CanSkate

Stage 2
Ages 5-11

Skaters at this level can skate forwards unassisted, walk backwards and are comfortable doing jumps/turns on the spot

CanSkate

Stage 3
Ages 5-12

Skaters at this level can skate forwards, backwards, stop, turn and jump - although it may not look organized yet!

CanSkate

Stage 4
Ages 5-12

Skaters at this level have strong basic skills, but are learning more complex turns and agility skills.

Intro to Figure Skating

Ages 5+

Skaters at this level have mastered the basics of skating skills and are ready for the next challenge!

Equipment

All it takes is a pair of skates...and a few more things!

Please note that due to health and safety we do not provide equipment to skaters.



CSA APPROVED HELMET

The use of a CSA approved hockey helmet is mandatory for participation in this program! **Skaters will not be permitted on the ice without the appropriate helmet.**



PROPER FITTING SKATES

Skates should fit snugly to the foot with no movement in the heel. To check length, remove the insole and have the skater stand on it with the heels lined up. The big toe should be 1-3 mm inside the sole.



GLOVES OR MITTENS

Gloves or mitts are mandatory due to all the practice standing up for all CanSkaters. These get dirty and wet easily, so it's always good to have an extra pair.



LAYERED CLOTHING

A typical layering process will include: a t-shirt, a long sleeve shirt, hoodie/sweatshirt/vest and then a winter jacket.



SNOWPANTS

To keep skaters warm and dry, we recommend ski or snowboard snowpants! As skaters improve they can switch to a jogging pant.

Our Schedule

Tuesdays & Wednesdays

Pre-CanSkate

6:00-6:30 PM
6:30-7:00 PM

CanSkate

6:15-7:00 PM

Intro to Figure Skating

*must have passed CanSkate Stage 3
5:15-6:15 PM

Thursdays

Pre-CanSkate

4:00-4:30 PM
4:30-5:00 PM

CanSkate

4:15-5:00 PM

Intro to Figure Skating

Not offered

Saturdays

Pre-CanSkate

10:45-11:15 AM
11:15-11:45 AM

CanSkate

11:00-11:45 AM

Intro to Figure Skating

*must have passed CanSkate Stage 3
10:00-11:00 AM