

# CANSKATE FALL/WINTER 2018-2019



**CANSKATE** is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. The program is based on Sport Canada's long term athlete development (LTAD) principles. The program includes specific skills that pertain to hockey, ringette, speed skating and figure skating. It includes a complete series of balance, control and agility skills taught in six stages of learning. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.

Lessons are given in a group format and led by Skate Canada certified professional coaches. Professional coaches are assisted by trained program assistants. We strive to have a coach to student ratio of 10:1

Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. Our Canskate program is ideal for 5 to 13 years olds but we also accept skaters of all ages. The classes are **45 minutes** long.

**CSA approved Helmets are mandatory for all skaters.**

**All Skate Canada CanSkate skaters must provide and wear a CSA approved hockey helmet on the ice. Bicycle helmets are not permitted.**

For Inquiries e-mail:  
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## CANSKATE TOTS

Arctic Edge is also offers a program specifically for skaters who are 5 years old or younger.

The focus of this class is to teach skating within a relaxed & fun atmosphere for younger skaters. Groups are kept small, so that as much individual attention as possible is given to young skaters. The classes are **30 minutes** in length. Skate Canada certified coaches and program assistants will provide instruction.

## ELEMENTS EVENT

A canskate elements event will be held on **December 1, 2018** for skaters registered in the fall session. The event is an opportunity for skaters to showcase their skills.

## ICE SHOW

The club will also be hosting an ice show this year at Takhini Area on **February 16, 2019**. All skaters registered for the winter session will be encouraged to participate. More information will follow about this exciting event in the new year.



SKATECANADA

**CANSKATE**

## REGISTRATION

### Sessions held at Canada Games Centre

*Program and sessions are subject to a minimum number of registrants. Arctic Edge Skating Club reserves the right to change programming if there is insufficient enrolment.*

### REGISTER ON-LINE

[www.coastregistry.biz/clubregistry/aesc](http://www.coastregistry.biz/clubregistry/aesc)

To register, copy the above link to the URL tab or go to our website. The system works chrome, Edge, Safari, Firefox, and I pads. Once on the site:

- Select the program.
- Select the sessions.
- Click on Check out when finished with program selections.
- If you are a returning user, enter your user name and password and then click paypal for payment.
- If you are a new user, click on register and create a user name and password. You will then be asked to enter your child's information.

Please remember or write down your user name and password. Please **do not** create a new account if you register for another program in the same season as you will be charged the Skate Canada fee a second time in one year. **Do** click 'forgot password?' and information about retrieving your password will be sent to the email associated with your account.

If you have further questions about the registration system or need information about your Skate Canada number, please email the club.

# ARCTIC EDGE

Skating Club



## CANSKATE FALL SESSION

Tuesdays: \$144 (12 sessions)  
October 2 to December 18, 2018  
6:15 to 7:00 pm

Thursdays: \$144 (12 sessions)  
October 4 to December 20, 2018  
6:15 to 7:00 pm

## WINTER SESSION

Tuesdays: \$108 (9 sessions)  
January 8 to March 5, 2019  
6:15 to 7:00 pm

Thursdays: \$108 (9 sessions)  
January 3 to March 7, 2019  
6:15 to 7:00 pm

## FALL/WINTER COMBINED

Saturdays: \$180 (15 sessions)  
October 6, 2018 to February 9, 2019  
11:30 am to 12:15 pm  
(Ice show on Feb. 16, 2019)

**There will be no regular Canskate lessons:**

**Saturday December 1, 2018**  
**Saturday December 22, 2018**  
**December 23, 2018 to January 1, 2019—Christmas Break**  
**Saturday January 26, 2019**  
**Thursday February 14, 2019**  
(Ice show preparation)

## CANSKATE TOTS FALL SESSION

Mondays: \$110 (10 sessions)  
October 15 to December 17, 2018  
5:00 to 5:30 pm

## WINTER SESSION

Mondays: \$99 (9 sessions)  
January 7 to March 4, 2019  
10:45 to 11:15 am

## FALL/WINTER COMBINED

Saturdays: \$165 (15 sessions)  
October 6, 2018 to February 9, 2019  
10:45 to 11:15 am  
(Ice show on Feb. 16, 2019)

**There will be no regular Canskate Tots lessons:**

**Saturday December 1, 2018**  
**Saturday December 22, 2018**  
**December 23, 2018 to January 1, 2019—Christmas Break**  
**Saturday January 26, 2019**

## OTHER FEES—Canskate and Canskate Tots Program

All skaters must be registered with Skate Canada and pay an annual membership fee. This fee covers a full year of skating from September 2018 - August 2019. The Skate Canada and administration fee is **\$36** and it is non-refundable.

## PAYMENTS

**On-line payments only accepted** through Paypal (accepts Visa, Mastercard American Express and Discover). The registration system will guide you to Paypal once you have completed your session selections. You do not need a Paypal account to pay-online as you can pay as one time customer through Paypal.

Contact Arctic Edge Skating Club if paying through the Kids Recreation Fund Program or if you would like to pay using an alternative method.

## FREQUENTLY ASKED QUESTIONS

### Do you take 3 Year Olds?

Yes, we are offering a **Canskate Tots** session which is geared for skaters 5 years old or younger. The sessions will be held on Mondays and Saturdays for 30 minutes. Tots are also welcome to join the CanSkate Program on weeknights.

### How many days should we skate?

For optimum development, we recommend a least **twice** a week. Skating is a sport where skills are learned by continuous repetition. The more times a skater can repeat a skill in a week, the faster they will progress.

### Do you have equipment rentals?

No. Skaters must supply their own skates and a CSA approved helmet.

PRESENTING PARTNER



# ONLY THE BEST

can bring out their best

