



Upper Canada Skating Club

CanSkate Program

Upper Canada CanSkate Programs

Upper Canada Skating Club offers the following CanSkate programs. These programs are classified by age and skating ability of the skaters (Table I). Please refer to our current website or brochure for details.

Table I CanSkate Program

Program	Ages	Eligibility	Private coaching
Pre-School	3 or 4 years old	No skating experience required	Not Available
Pre-CanSkate	5 – 12 years old	No skating experience required	Not Available
CanSkate	5 – 12 years old		Available through Stage 1 to 6. Parents can contact coaches directly for availability and cost.
CanSkate Stage 1	5 +	Skaters MUST have passed PreCanSkate ; OR Skaters MUST be able to skate the perimeter of the ice forward and backward with speed and be able to stop.	Yes
CanSkate Stage 2	5 +	Must have passed Stage 1	Yes
CanSkate Stage 3	5 +	Must have passed Stage 2	Yes
CanSkate Stage 4	5 +	Must have passed Stage 3	Yes
CanSkate Stage 5	5 +	Must have passed Stage 4	Yes
CanSkate Stage 6	5 +	Must have passed Stage 5	Yes
Adult/Teen 13+ Learn To Skate	18+ for Adults 13+ for Teens	No skating experience required. Skaters are placed into groups according to ability.	Yes

Adult/Teen 13+ Learn To Skate Program

The Adult/Teen 13+ Learn To Skate Program teaches the fundamentals of skating required for recreational skating, hockey, ringette and figure skating. Lessons are given in group format and skaters progress at their own pace. This session is open to all skaters ages 13+ and older. The CanSkate program will be taught and ribbons and badges will be awarded. Private lessons are available on the Adult/Teen 13+ Learn to Skate session. Contact coaches directly for cost and availability. Teens completing the Adult/Teen 13+ program will advance to the STARSkate STAR 1 program. Adults completing the program will advance to the Adult STARSkate program recommendation.

Pre-School Program

The Preschool program is a 30 minute program designed for children 3 or 4 years old with no or very little skating ability. Basic skills such as skating forward, backwards, turning, jumping and stopping will be taught. Skaters completing the Preschool program will be awarded with a certificate and will be qualified to advance to the Pre-CanSkate program.

Pre-CanSkate

The Pre-CanSkate program is a 30 minute program designed for children 5 – 12 years old with no or very little skating ability. Basic skills such as skating forward, backwards, turning, jumping and stopping will be taught. Skaters completing the Pre-CanSkate program will be awarded with a Pre-CanSkate ribbon and will be qualified to advance to CanSkate Stage 1. **At this time, skaters will be asked to skate on a different session if spaces are available. If the CanSkate session is full, skaters may remain in the Pre-CanSkate session until space is available. Coaches will start teaching skaters stage 1 skills. The office administrator will notify parents when space becomes available.**

CanSkate

What is CanSkate?

CanSkate is Skate Canada's flagship learn-to-skate program for beginners of any age that teaches fundamental movements and basic skills. Skaters are taught in a group lesson format by certified professional coach. Skaters are awarded with ribbons and badges as skills are mastered. Upper Canada Skating Club offer the CanSkate to skaters who are 5 years or older and have met the requirement of the program.

How is it structured?

The CanSkate program curriculum is organized into three Fundamental Areas, divided into six stages of learning (Stage 1 – 6). Skaters in this program **MUST be able to skate the entire perimeter of the ice with speed, skate forwards and backwards and stop.**

The Fundamental Areas are:

- **AGILITY:** Concentrating on most turning and jumping skills
- **BALANCE:** Concentrating on most forward skills, pushing technique and edges.
- **CONTROL:** Concentrating on most backwards skills, stopping and speed elements.

These are the ABC's of the CanSkate Program. Each CanSkate session is **60 minutes in length** and is divided into three main components:

- Warm-up (15 minutes)
- Lesson time (30 minutes)
- Cool down/Group Activities (15 minutes)

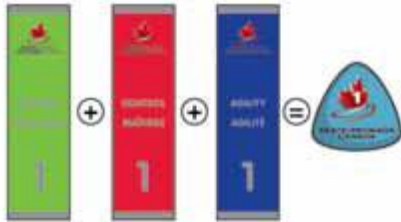
Ribbons and Badges

The awards consist of:

- Three Fundamental Area ribbons for each Stage
- Six stage badges

To receive a stage badge, skaters must achieve all Fundamental Area ribbons (Balance, Control and Agility) from the corresponding stage.

EXAMPLE OF RIBBONS AND BADGES:



The First Skating Day

Groups are pre-arranged based on the information on the registration forms. However, on the first day, there may be a need of rearranging these groups and new skaters will be tested to see what stage they truly fit into. Coaches will be moving skaters around to new groups to make the groups more equal in ability, age and needs. **Skaters who are registered in Stage 1 but are unable to skate the entire perimeter of the ice with speed, skate forwards and backwards and stop will be asked to register in the Pre-CanSkate program instead. If the Pre-CanSkate sessions are full, the skater will not skate.**

The Remaining Skating Days

Skaters will also be moved to new groups throughout the season to meet the needs of the skaters. Most groups will progress together, but there are times when one or two skaters would benefit more from being in a different group.

Assessment

Assessment in the CanSkate programs at Upper Canada will be on an ongoing basis. Skaters will progress at their own speed and for those who have achieved their stage badges will advance to the next stage.

Club Competition – CanSkate Challenge

Each year Upper Canada holds a Club Competition for CanSkaters who are in Stage 3, 4, 5, and 6. Club competition offers an opportunity for skaters to compete in a familiar and fun environment. Skaters will be judged by senior skaters from the Club or from other skating clubs. Medals and/or ribbons will be presented to skaters. Information and entry form will be given to skaters. Please refer to our bulletin board or website for details.

Resources

<http://www.skateontario.org/>

<https://skatecanada.ca/skating-lessons/our-programs/canskate/>