



# CanSkate

Skate Canada's official Learn to Skate Program



2024-2025

## Information Package





## Table of Contents

<b>What is CanSkate?</b> .....	3
<b>Skate Oakville Programs</b> .....	3
CanSkate - 3 to 5 years .....	3
CanSkate - 5 to 12 years .....	3
Intro to Figure Skating - 5 to 12 years, must be registered in another CanSkate session. ....	3
TeenSkate - 12 to 18 years.....	4
Adult LTS - 18 and up .....	4
<b>Pricing</b> .....	4
<b>Refunds</b> .....	4
<b>Missed Classes</b> .....	4
<b>First Day of CanSkate: What to Expect</b> .....	5
<b>Session Structure</b> .....	5
<b>Required Equipment</b> .....	6
<b>Helmet Policy &amp; Rowan’s Law</b> .....	7
<b>Skater Progress</b> .....	8
<b>CanSkate Levels Explained</b> .....	8
<b>Skaters with Disabilities</b> .....	9
<b>Completed CanSkate Stage 5?</b> .....	9
<b>STAR A (Passed CanSkate Stage 6)</b> .....	10

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### **What you will find in this package**

*This package contains all the information you need to know regarding Skate Oakville's Learn to Skate programs. This includes what types of programs Skate Oakville offers, what equipment you need, what to expect on the first day, pricing, and much more.*

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## **What is CanSkate?**

CanSkate is Skate Canada's official "Learn to Skate" program. It is highly regarded by other ice sport organizations as the favoured curriculum to develop the skills needed to participate in their sports. This group format program teaches skaters of all ages the basics of skating in 3 areas: agility, control, and balance. No previous skating experience is required for CanSkate, TeenSkate and Adult Learn to Skate. Skaters move through the stages of the program as they learn and master the required skills.

## **Skate Oakville Programs**

### **CanSkate - 3 to 5 years**

A 30-minute program for young skaters ages 3 to 5. No previous skating experience is required. We provide a small group environment where children are encouraged to stand on their own and balance and control at their own pace. Skaters are assessed at their first class and grouped by ability. Skaters that can stand and move on their own begin working on the CanSkate badges. All participants must provide their own skates, hockey helmets, and gloves. Snow pants or waterproof pants are recommended as skaters start by sitting on the ice.

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### **CanSkate - 5 to 12 years**

A 50-minute program for skaters ages 5 to 12 where the six stage badge levels are taught. No previous skating experience is required. We keep track of your child's progression through the badges and group them accordingly. Skaters new to us are assessed and grouped on the first day. The session has a group warmup (everyone), then station rotations with their group where they learn and practice new skills, and finally a coach led group cool down. All participants must provide their own skates, hockey helmets, and gloves.

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### **Intro to Figure Skating - must be registered in another CanSkate session**

This program is for skaters that are interested in pursuing figure skating. Skaters at CanSkate Stage 4 and above can join this program. Skaters must continue in their CanSkate session in addition to Intro to Figure Skating until Stage 6 is completed. The Intro to Figure Skating session is a 50-minute group session. Skaters in this program must wear figure skates.

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### Preteen/TeenSkate - 11 to 18 years

TeenSkate runs like a CanSkate session but is a more comfortable environment for older beginners and teens working on the six stage badges. See CanSkate for full description. No previous skating experience is required. All participants must provide their own skates, hockey helmets and gloves.

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### Adult LTS - 18 and up

AdultSkate is a 50 minute learn to skate program for adults. No previous skating experience is required. All participants must provide their own skates and hockey helmets and gloves. It is taught in group format where skaters are grouped according to their ability. Adults will work on skating skills that will enable them to enjoy the sport.

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**Registration:** Please see registration information located on the website under [Registration](#)

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## Pricing

Learn to Skate Fees are \$215 for a ten-week session plus an annual \$62 Skate Canada Fee. Full payment is required at the time of registration.

The mandatory \$62 Skate Canada Fee is only charged once per year (Sept 1 to Aug 31) per skater, so any subsequent registrations within that year will only be charged the fee for the session(s) selected. The Skate Canada Fee is non-refundable and non-transferable.

## Refunds

Learn to Skate Sessions:

1. Refund requests must be in writing or by email to the office ([office@skateoakville.ca](mailto:office@skateoakville.ca)) at least 24 hours before the 3rd class. We do not accept changes or withdrawals in person or over the phone
2. There are no refunds after the 3rd class
3. The \$62 Skate Canada fees are non-refundable for any reason.
4. All refunds are pro-rated from the time of notification (24-hour notice required)
5. Refunds for injury with a doctor's note will be issued at any time throughout the program.

## Missed Classes

We use the same policy for missed classes as the Town of Oakville. "Participants are to attend all classes as scheduled for the program in which they are registered. In the event that a participant is unable to attend a scheduled class(es), make-up classes, refunds, or credits for the missed class(es) will not be provided."

## First Day of CanSkate: What to Expect

Welcome to your first day of CanSkate. We are excited to have you skate with us! If you have any questions, please ask the convenor of your session. The convenor is the coach who oversees the session and will be able to help you.

Be sure to check your online registration for the location of your class. Our CanSkate programs run out of three rinks this year including Sixteen Mile Sports Complex, River Oaks, and Trafalgar Park.

**Sixteen Mile Sports Complex (SMSC)** - 3070 Neyagawa Blvd

**River Oaks Community Centre (ROB)** - 2400 Sixth Line

**Trafalgar Park (TP)** - 33 Rebecca St, Oakville, ON L6K 1J5

- Please arrive 10-15 minutes early for each session. Once you enter the building, locate the screens/board to find which changeroom you will be in.
- There will be a table set up with your skater's name tag, please clip this to your skater's jacket.
- Proceed to the assigned dressing room to put on your skates and helmet.
- Once your skater is ready for the ice, head out to the rink, line up by the door and wait for direction to get on the ice.
- Once your skater has made it onto the ice, parents/guardians must proceed to the upstairs viewing area. Parents/guardians must remain in the building while their skater is on the ice.

## Session Structure

<p><b>CanSkate - 3 to 5 years</b> Classes are 30 minutes</p> <ol style="list-style-type: none"> <li>1. Warm-Up with coach</li> <li>2. Lesson time</li> <li>3. Cool down with coach</li> <li>4. Home Time</li> </ol>	<p><b>CanSkate - 5 to 12 years</b> Classes are 50-minutes.</p> <ol style="list-style-type: none"> <li>1. Group Warm-Up Activity</li> <li>2. Lesson Time (three stations, 10 minutes each)</li> <li>3. Group Activity</li> <li>4. Group Cool Down</li> </ol>	<p><b>Intro to Figure Skating - 5 to 12 yrs</b> Classes are 50-minutes</p> <ol style="list-style-type: none"> <li>1. Group Warm-Up</li> <li>2. Lesson Time (three stations)</li> <li>3. Cool Down</li> <li>4. Home Time</li> </ol>	
<p><b>TeenSkate - 12 to 18 years</b> Classes are 50-minutes</p> <ol style="list-style-type: none"> <li>1. Group Warm-Up</li> <li>2. Lesson Time</li> <li>3. Group Cool Down</li> <li>4. Home Time</li> </ol>		<p><b>Adult LTS - 18 and up</b> Classes are 50-minutes</p> <ol style="list-style-type: none"> <li>1. Group Warm Up</li> <li>2. Lesson Time</li> <li>3. Group Cool Down</li> <li>4. Home Time</li> </ol>	5

**Reminder:** Parents/guardians are required to move away from ice level and watch their skater from the stands. Do not stand by the glass to watch your skater during the session.

Safety is the priority for your skater. Coaches will remove your skater from the ice if they are causing harm to others.

## Required Equipment

1. Skates – either figure skates or hockey skates
2. A CSA approved hockey helmet (we strongly recommend a cage for skaters under the age of 4)
3. Winter gloves
4. Warm and waterproof clothes

### Skates

Skate Oakville recommends either figure skates or hockey skates only. Any type of recreational skate is not recommended. Look for skates with laces as opposed to ones with buckles or straps. Skate Oakville does not provide skates. No rentals are available.

### Where can I Purchase Skates?

Hockey Skates- Canadian Tire, Sport Chek, Pro-Hockey Life, Corbett's Source for Sports

Figure Skates – Ice and Nice (Burlington), Figure Skating Boutique (Toronto), ESTA Canada (Oakville, Burlington, Richmond Hill)

- Brands to lookout for include Edea, Jackson, Riedell

### What Skate Oakville Recommends

Jackson skate 151 or 200



Jackson Mystique or Excel



Adult: Evo, Mystique, Freestyle

Bauer



## Skate Maintenance

Skates need to be sharpened approximately every 20-25 hours of skating. Sharpening must be done by a professional. Aim to sharpen your skates at the beginning of a new season.

\*Hockey skates may be sharpened at stores like Canadian Tire or Sport Check\*

\*Figure skates should not be sharpened at these types of stores. They MUST be sharpened by a professional or they will be damaged.

**Examples:** Mark Bradshaw (Skate Oakville). For more information email [office@skateoakville.ca](mailto:office@skateoakville.ca).

Other options include Ice and Nice in Burlington, Paul Fisher Sharpening

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## Helmet Policy & Rowan's Law

### **Rowan's Story**

*Rowan's Law* was named for Rowan Stringer, a high school rugby player from Ottawa, who died in the spring of 2013 from a condition known as second impact syndrome (swelling of the brain caused by a subsequent injury that occurred before a previous injury healed). Rowan is believed to have experienced three concussions over six days while playing rugby. She had a concussion but didn't know her brain needed time to heal. Neither did her parents, teachers or coaches.

Please visit this website for more information on Rowan's Law [HERE](#)

**CanSkate (3 to 5 years)** - Skaters need their own skates and a CSA-approved hockey helmet. We strongly recommend a face cage at this level. Skaters also need warm clothes and mittens. Beginners should have water-resistant pants. No rentals are available.

**CanSkate (5 to 12 years), TeenSkate, Adult LTS** - Skaters need their own skates and a CSA-approved hockey helmet. Face cages are not required. Skaters also need warm clothes and mittens. Beginners should have water-resistant pants. No rentals are available.

### **More information on helmets:**

All Skate Canada member clubs and skating schools that offer a CanSkate program must ensure CanSkate participants of all ages, and all Stages wear a CSA-approved hockey helmet while on the ice. No other type of helmet is acceptable for skating lessons. Helmets must be in good condition and fit the skater properly. Helmets cannot be broken, missing pieces or safety features.

Any injury to the head will result in your skater being removed from the ice for safety. Skaters will be required to provide a doctor's note stating it is safe for them to return to skating. This must be submitted to [office@skateoakville.ca](mailto:office@skateoakville.ca).

## Skater Progress

Each skater progresses differently through the sport. There could be numerous factors that contribute to a skaters development.

### CanSkate Levels Explained

There are six stages in CanSkate. Within each level are three disciplines known as balance, agility, and control. These stages are universal across our Learn to Skate programs.

**Balance:** Concentrating on forward skills, pushing technique, and edges

**Control:** Concentrating on backwards skating, stopping and speed elements

**Agility:** Concentrating on turning and jumping



**Ribbons:** There are three types of ribbons a skater can earn which include balance, agility, and control. The number on the ribbon represents which level they have completed for this category. There are six levels.

**Badges:** When a skater earns all three ribbons for that level they receive a badge. This means they have completed all necessary skills for this level.

You do not need to pass one level to start working on the next. Many times, a skater may have passed stage 1 balance and start working on stage 2 balance while still working on stage 1 agility and control. Teaching with circuits allows coaches to instruct different levels at once, and challenge skaters with new skills to work on.

**Note:** Stages 4-6 are much more challenging than stages 1-3. It may take your skater longer to pass these levels.



**Reminder:** please ensure you have one account, with your skater listed once. If you have multiple accounts/multiple skater profiles for the same person your progress will not be accurately recorded. This means that stages and badges could be lost. If you have concerns you might have created more than one account, please email [office@skateoakville.ca](mailto:office@skateoakville.ca)

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## Skaters with Disabilities

Skate Oakville encourages all those interested in skating to join our programs. If your skater has a disability, and they may require extra support on the ice, please email [office@skateoakville.ca](mailto:office@skateoakville.ca) with their name and which session you have registered for. We will ensure the coaches on the session are aware, and we can set up accommodations beforehand. Feel free email [office@skateoakville.ca](mailto:office@skateoakville.ca). We are happy to set up a meeting to discuss best accommodations.

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## NEW STAR Bridging Program- completed CanSkate Stage 5?

To encourage skaters to enter our figure skating program, Skate Oakville has a new bridging program to help your skater transition from CanSkate to STARskate. If your skater has passed stage 5 CanSkate, and are interested in figure skating, they are eligible to take one STAR A group lesson in addition to their CanSkate session. Please email [office@skateoakville](mailto:office@skateoakville.ca) for more.

## Intro to Figure Skating vs. STAR A

What's the difference? Intro to Figure skating is a Learn to Skate program meant for skaters passed stage 3 interested in figure skating and must be taken in addition to a CanSkate session. This program introduces skaters to the basics of figure skating. STAR A is a STARskate program, the first level of our Figure Skating Program and teaches skaters the skills of singles, pairs, dance, and synchronized skating. STAR A with groups must be taken in addition to a CanSkate session until stage 6 is completed. Helmets are required.

## Completed CanSkate Stage 6?

Congratulations! What comes next?

Skate Oakville offers figure skating for those who have passed stage 6 CanSkate

**Figure Skating**



### **STAR A (bridging program or passed CanSkate stage 6)**

- The STAR A program is for skaters that have completed Stage 6 in the CanSkate program. STAR A sessions are 50-minute group lessons.
- Skaters in this program must wear figure skates. Skaters will work on all figure skating disciplines, including singles, pairs, dance, and synchronized skating.
- STAR A skaters are required to take one group lesson to be eligible to take an open session. Skaters are encouraged to start working with a private coach on an open session in addition to their STAR A session. Working with a private coach allows skaters to progress through the Skate Canada test system or continue development in other disciplines. To progress to STAR B, skaters need a private coach in STAR A to pass them through the Skate Canada test system.

### **Adult Intro to STAR (Passed CanSkate Stage 6)**

- Adults are encouraged to check out our intro to STARskate classes for group led sessions
- Open and shinny sessions are great for working with a private coach and having time to practice on your own

*Other next steps include hockey or speed skating. Skate Oakville does not offer these services, please reach out to Oakville Rangers Hockey Club or the Oakville Speed Skating Club for more information about these programs.*