

# CanSkate Information

CanSkate is Skate Canada's learn-to-skate program for beginners. Skaters are taught in a small group by a Skate Canada Certified Coach. Each class will consist of a warm-up, group lesson, fun activity, and cool down.

## Equipment required:

- Skaters will need a CSA approved hockey helmet, skates with laces, hard guards for blades, warm clothing, and gloves/mittens. For safety reasons, skin should not be exposed.
- Be sure that skates are tightened properly to provide good ankle support.
- Blades should be sharpened before the start of each season. When the skater is not on the ice, wear guards to protect the blades and prevent dulling. When the skater is finished skating, wipe the blades dry with a soft cloth.
- When buying skates, make sure they fit properly and provide good ankle support. To purchase skates or sharpen blades, we recommend United Sport & Cycle ([www.unitedsport.ca](http://www.unitedsport.ca)) and ProSkate ([www.proskate.ca](http://www.proskate.ca)).

United Sport & Cycle Main Store  
7620 Gateway Blvd NW 780-433-1181

ProSkate West Edmonton  
16972- 111 Avenue 780-481-5532

***\*\*All skaters must wear a CSA approved hockey helmet (bicycle and ski helmets are not allowed)\*\****

Must have this label



***\*\*Skates with laces are recommended (no buckles or velcro)\*\****



## Before the class:

- Please arrive 15 minutes before your class starts to ensure your skater is ready when the class begins.
- Please use your assigned dressing room to change and put on skates; do not use players boxes or ice level seating.
- Once your skater is ready, please line them up at the ice entrance. Coaches will be there to help skaters onto the ice.
- The dressing rooms are busy and have limited space. Each skater should have only one parent accompany them in the dressing rooms. Other family/friends should wait in the viewing area.

## **During the class:**

- Parents should watch the class from the viewing area (at the benches located outside the rink doors at Terwillegar; on the first level at West Edmonton Mall). Please do not stand near ice entrance or stand directly at the boards.
- For safety reasons, parents must be present during class time. Coaches cannot leave the ice to take skaters to the washroom, tie skates, fix equipment, etc.
- Please do not interrupt the coaches or skaters once the class has started.
- The first few PreCanSkate and CanSkate beginner group classes will begin with a warm up off the ice in skates.

## **After the class:**

- Return to ice level a couple minutes before the class is finished to meet your skater as they exit the ice.

## **Additional Information:**

- All lessons are non-refundable and non-transferable.
- Please note any cancellation days and arena location changes that are listed in the program information document on our website.
- Be sure to read the TV monitor at Terwillegar Rec Centre to check which rink we are skating on. Rinks may be switched without notice.
- Some skaters will change groups within the first few sessions as we evaluate the skaters and ensure each skater is in the appropriate group.
- Report cards, ribbons, and badges will be awarded on the last day of each season. Please keep in mind that it may take more than one season to achieve a badge.
- For more information, contact the Ice Palace Office Manager at [info@icepalace.ca](mailto:info@icepalace.ca).

Thank you for your cooperation and Happy Skating!