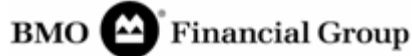




Presented by



# CanSkate

**CanSkate** is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. The coach to student ratio is a maximum of 1:10. 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. CanSkate is the feeder program to all other Skate Canada Skating Programs, and is presented by BMO Financial Group, reflecting their commitment to grassroots development.

## Why sign up for CanSkate?

CanSkate is Canada's only national learn-to-skate program. It was developed by experts to teach the fundamentals of skating in a progressive and sequential manner.

When you/your child registers for a CanSkate program at your local Skate Canada club, you also become a member of Skate Canada, the national sport governing body for figure skating in Canada. Membership benefits in the CanSkate program can include:

- badges
- stickers
- tattoos
- colouring sheets
- parent information sheets
- progress updates and report cards
- special CanSkate events and club functions
- BMO CanSkater of the Year award program
- opportunity to be talent-scouted
- opportunity to participate in a positive healthy lifestyle activity

These are some of the awards and incentives that have been developed to encourage athletes in CanSkate:



CanSkate Badge - Stage 2



CanSkate Stickers



CanSkate Badge - Jump

## Program Structure

The CanSkate program focuses on the development of six fundamental movements organized in six stages of learning, with an optional 7th level for skaters who want to move into figure skating. The skills are arranged in progressions, from very simple to the more complex. Each stage has a primary focus. Once the skills on each stage are mastered, a badge is awarded. The series of badges include Stage badges, Fundamental Movement badges and Fitness badges.

### The names of the **STAGE** badges are:

- Stage 1 - Balance
- Stage 2 - Glide Forward
- Stage 3 - Glide Backward
- Stage 4 - Edges
- Stage 5 - Power
- Stage 6 - Speed
- Stage 7 (optional) - Pre-Preliminary

### The names of the **FUNDAMENTAL MOVEMENT** badges are:

- Go Forward
- Go Backward
- Stop
- Turn
- Spin
- Jump

### The names of the **FITNESS** badges are:

- Fitness I
- Fitness II