

Pre- CanSkate

Pre-CanSkate is designed for ages 3-5

Pre-CanSkate is perfect for skaters who have never skated before to learn the basics of skating. This program will teach skaters how to safely navigate the beginning of their skating journey. Pre-CanSkate is where skaters build confidence in their ability to fall down/get up, move forward and backward, and execute two-foot jumps unassisted. Using interactive teaching aid, circuits, and games skaters will develop these skills.

Pre-CanSkate classes are 30 mins in length and teach skaters how to stand-up on their own, gain balance, move forward on the ice, move backwards and the beginning skills for on ice stops. Skaters will learn these skills in a fun environment which includes toys, on-ice games, bubbles and activities.

Pre-CanSkate program skills for completion are listed below – on the last day of class skaters will receive a report card indicating which skills have been achieved. When all 8 skills have been mastered skaters will graduate into CanSkate:

- Balance on 2 feet
- Fall down and get up
- Move forward
- Make snow
- Move backward
- March around the spot
- 2-foot twist on the spot
- Jump on the spot