



# CANSKATE

## What Will My Skater Learn and Do In Canskate? AGILITY-CONTROL-BALANCE-FUN ZONE

What is Canskate?

Canskate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Skate Canada's long term athlete development (LTAD) principles. Canskate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

What will you learn?

A complete series of balance, control, and agility skills will be taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating. Canskate uses nationally tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skill and developing them faster.

What can you expect?

Action, movement and fun! Lessons are given in a group format with a coach-to-student ratio of a maximum of 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.