



Almonte and Carleton Place Skating Club



Monday - Carleton Place - Rink 2 - 5:40 pm



Thursday - Carleton Place - Rink 2 - 5:05 pm



Friday - Almonte - 5:55 pm

Equipment and Clothing

- CSA approved hockey helmet (with a cage)
- Lace up hockey or figure skates that fit properly and have been sharpened
- Warm layers of clothing and a waterproof or water resistant outer layer (jacket and pants)
- Mitts or gloves
- Long hair is secured away from face



Stages, Badges and Ribbons

There are 6 stages in CanSkate (1 is the lowest, 6 is the highest).

Each stage has 3 ribbons (Balance, Control and Agility) and a badge is earned after receiving all 3 ribbons in a stage.

Sometimes skaters will receive a ribbon for the next stage before they earn all 3 ribbons (and the corresponding badge) in the last stage.

Skate Canada Coaches

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| • Natasha Peterson | • Emily Mereu |
| • Tracey Jamieson | • Emily Emmerson |
| • Melissa Sargent | • Eddie Thompson |
| • Laurie Donaldson | |

CanSkate Information

What is CanSkate?

CanSkate is a learn to skate program designed by Skate Canada and run by coaches certified under the National Coach Certification Program (NCCP). Skaters learn balance, control and agility skills through on-ice circuits and games with fun music and a goal of 90% continuous movement.

Skaters will learn to:

- Fall down and get up
- Skate forwards and backwards
- Jump
- Turn and spin
- And so much more!

CanSkate helps prepare skaters for:

- Hockey
- Ringette
- Figure skating
- Speed skating
- Leisure skating



Important Reminders

Do not leave the arena while your skater is on the ice.

Do not step on the ice in shoes - coaches and PA's are here to assist your skaters while on the ice.

If a session must be cancelled, it will be posted to our Facebook page by 2 pm and we will endeavour to email by 3 pm. Safety for everyone is the number one priority and we want to ensure everyone gets to and from the rink in one piece.

To stay informed, check your emails, our Facebook and Instagram pages, and the bulletin boards at the arenas.

Program Assistants

Program Assistants are experienced skaters within our Club who support coaches on the CanSkate sessions. They are vital to ensuring that all skaters get the most out of our program.

They help with:

- Leading warm-up and cool down
- Group activities
- Equipment setup and take-down
- Attendance
- Demonstrating skills
- Helping skaters through circuits

