



GLOUCESTER SKATING CLUB'S CANSKATE '2' & '3' INFORMATION

Welcome to all our new and returning members, we're looking forward to a great winter session! Here are a few important messages...

What can we expect?

Skating lessons are a fun and exciting challenge for young children. Our Skate Canada Certified Professional Coaches are fun and enthusiastic individuals who are committed to providing quality skating programs for our members. But parents please remember that ice is slippery and hard, not all children feel comfortable on the ice right away. Our coaches are well-trained in alleviating skater's fears, just be patient and your child will soon be gliding across the ice with a smile on their face!

Where do we go on the first day?

When you arrive at the rink on the first day, please check the poster on the door to the lower hallway for your child's group colour. Once you have your child's skates on, you can go directly to the ice rink's centre door. The group happy faces will be hanging up, please find your child's name tag on the correct colour and place it on their clothing before they enter the ice surface. The coaches will assist the skaters on to the ice for the 5 minute warm-up using the entire ice surface. Then the skaters will be divided into their correct colour groups for the lesson time. Half of the skaters will start in their group lesson while the other half start in the 'Fun Zone' circuit. After 20 minutes, the groups change with the 'Fun Zone' skaters going to their group lesson for 20 minutes and the other groups joining the 'Fun Zone' circuit. By incorporating the "Fun Zone" circuit, we are providing the skaters the opportunity to practice their skills in a "fun" way. They love finishing each turn with a fast dash around the full rink! This approach can look hectic, but is most advantageous to the skater. The final 5 minutes of the session is a fast track and cool-down using the entire ice surface. Our goal is to provide a challenging and fun atmosphere where the skaters can reach their potential while having a good time!

Where do we enter the ice surface?

Many of our classes are back to back. To control the flow of skaters, we ask that skaters enter the ice surface from the middle of the rink at the start of the class and exit at the side door when the class is over. Once your child is on the ice, please go up to the stands to watch the session. This allows the coaches to have their group's full attention during the lesson. **Parents are asked to remain in the arena during the session.**

How are the skaters divided into groups?

Skaters are placed in groups according to skating ability and age. A portion of each class is the group lesson. The ice is divided up into groups and there may be as many as seven different groups during one session. It usually takes a few weeks to assess all of the groups and move skaters according to their ability, so please be patient, and we will check every child to make sure they are in the right group.

Do you provide French instruction?

We do our very best to provide French instruction upon request, but skating ability will always be our first priority. This means we cannot guarantee French instruction. Each session has French speaking coaches available plus our volunteer Program Assistants who help out our English speaking coaches. Please let us know at registration time if you would like a French speaking coach and we will do our best to provide one.



What should my child wear?

Wear clothing that is comfortable, warm, and light and allows you to move freely. Make sure to layer clothes so you can remove or add a piece of clothing to suit changing temperatures and exertion levels.

Does my child need a helmet?

All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure **ALL CANSKATE** and **ADULT CANSKATE** participants up to and including Stage 5 must wear a **CSA APPROVED HOCKEY HELMET WHILE ON THE ICE.**

Markers

The coaches will be using markers on the ice when drawing out the skater's circuits. The marker may rub off the ice if your child falls, so please dress your child in dark clothing. We cannot guarantee the marker will come out in the wash.

Do you have a session calendar?

Please ensure you have a copy of the winter session calendar of all special events & cancellations. If you don't have one, ask the office or your child's coach for a copy.

Skates & Skate Sharpening

Skates are the most important tool a skater has on the ice. We recommend lace up skates that fit snugly and support the ankles. **We do not recommend Velcro enclosure skates.** Our club will be having a used skate and clothing sale on **Saturday, Jan. 14th** from 10am to 2pm where there will be a good selection of second hand skates. Are you wondering where to take your child's skates for sharpening? We recommend '**Final Edge**' at the Ray Friel Recreation Centre, '**Lacroix Sports**' on St. Joseph Blvd and '**Figure 8/Hockey One**' on Industrial Ave. These shops will provide you with a good recreational sharpening.

Questions?

If you have any questions, please call our office administrator, Cindy Lacelle, or our CanSkate Director, Sheilagh McCaskill at 613-830-1610.

