

Hamilton Skating Club

Recreational Programs

Learn To Skate

FALL Sat. Sept 23 – Fri. Dec 1, 2017
WINTER Tues. Jan 2 – Sun. Mar 11, 2018

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 ribbons and badges as you learn the fundamentals of skating. Group lessons are delivered by Certified Skate Canada Coaches and are assisted by trained Program Assistants. The coach to student ratio is a maximum of 1:10. These active sessions include music, teaching aids and a wide variety of activities that create a fun learning environment. CanSkate is the feeder program to all other Skate Canada Skating Programs which includes CanPowerSkate, SynchroSkate, GroupSTARSkate, STARSkate and CompetitiveSkate.

Why sign up for CanSkate?

CanSkate is Canada's national learn-to-skate program. It was developed by experts to teach the fundamentals of skating in a progressive and sequential manner. Skate Canada - CanSkate membership benefits include: badges, ribbons, stickers, and report cards. The CanSkate program curriculum is organized into three Fundamental Areas, divided into six stages of learning.

Balance: Concentrating on forward skills, pushing technique and edges.

Control: Concentrating on backwards skills, stopping and speed elements.

Agility: Concentrating on most turning and jumping skills.

TeenSkate/AdultSkate

This Active for Life program follows the same format as CanSkate; however allows the older skaters to be grouped with their peers.

CanPowerSkate

We will be offering two (2) CanPowerSkate groups on the same session – 1 with skaters wearing full hockey equipment including stick; the other with skaters wearing their usual skating attire including CSA hockey helmet. Skaters in both groups will focus on balance, power, agility, speed and endurance. CanPowerSkate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams and those that are simply motivated to expand their physical activities

STAR 1 - 3

Combined with GroupSTAR - This session is coach directed in a group lesson format for skaters that have completed CanSkate and want to continue learning in a group. Skaters will receive small group instruction in stroking, jumping, spinning and dance.

Helmet Policy

All skaters are required to wear CSA approved hockey helmets until the skater has completed Stage 5. Bicycle helmets are not permitted. This policy is a Skate Canada policy that also includes TeenSkate and AdultSkate participants.

Skate Canada Membership Fee

The Hamilton Skating Club is sanctioned by Skate Canada, the national sport governing body. The membership fee includes the skater's insurance, and provides consistent program delivery.

Registration

- Registration forms must be completed in full. Incomplete forms will not be accepted.
- Registrations will continue to be accepted until sessions are full

Terms and Conditions

- Concerns regarding the operation of the Club can only be addressed effectively by bringing them in writing to the attention of the HSC Board of Directors.
- Applications can be mailed or dropped off at the HSC office at the Dave Andreychuk Mountain Arena and Skating Centre.
- The Board of Directors reserves the right to cancel/change programs/sessions due to enrolment/special events and test days.
- No refunds or adjustments will be made due to the loss of ice time on test days, holidays, for personal vacations OR circumstances out of the Hamilton Skating Club's control such as inclement weather, City of Hamilton Arena closures (scheduled or unscheduled), etc... There will be no make-up sessions.
- All outstanding fees and coaching accounts must be paid in full prior to taking a test.
- No registrations will be accepted if a current account is found to be in arrears.
- NSF cheques are subject to a \$40 Administration Fee. If you have had more than two NSF's, only cash or money order will be accepted with registration.
- Refunds / Credits
 - Skate Canada Fee is non-refundable
 - Refunds or credits will only be considered when requested in writing, accompanied with a medical certificate pending Board of Directors approval.

DATES TO REMEMBER – NO SKATING

FALL 2017: Thanksgiving – Mon. Oct. 9, 2017; Christmas Break – Dec 17, 2017 - Jan 1, 2018

WINTER 2018: Family Day – Mon Feb 19, 2018;



Since 1938

Programs Offered

PreCanSkate, CanSkate, CanPowerSkate
TeenSkate/AdultSkate



Sanctioned by



Registration Forms may be dropped off or mailed to
the Hamilton Skating Club office

25 Hester St., Hamilton ON L9A 2N3
Tel: (905) 388-9050

(We are located inside of the
Dave Andreychuk Mountain Arena and Skating Centre)

www.hamiltonskating.org

HSC.Admin@hamiltonskating.org

[www.Facebook.com/HamiltonSkatingClub](https://www.facebook.com/HamiltonSkatingClub)

@HamiltonSkating



