# Overview of Each Program





# High River Skating Club Canskate

# Skate Canada Learn to Skate

This is Skate Canada's learn to skate program for beginners of all ages and offers basic skating instruction in a group format. It is taught by Skate Canada professional Coaches and assisted by Program Assistants.

Canskate develops future skaters by training their skills in balance, control, agility through a positive and engaging environment.

### How does it work?

Each session will include a warm up, fast track, and cool down. Skaters will be organized into groups and rotated around to each of the different circuits.

#### 2025 Fall & 2026 Winter Classes:

Mondays: 6:15 – 7:00 pm

- 10 Sessions each class
- Fall Start: Oct 6 Dec 15
- Winter Start: Jan 5 March 16

All sessions are on the large ice.

\$140.00

#### **Motivation**

The Canskate program is a motivating and encouraging atmosphere meant to develop the skater using skill progressions. Skaters will receive a report card with ribbons/badges.

## **Program Assistants**

Program Assistants are our Junior, Intermediate, and Senior level skaters who volunteer their time each week to assist in the delivery of the Canskate Program. PA's play a vital role in creating a fun and safe skating environment!

## Responsibilities of Skaters/Parents:

Ensure skater gets to the arena on time with skates and proper warm clothing (gloves), including a CSA approved helmet.

We prefer skaters to wear hockey skates or figure skates to ensure correct skill development.

# Register at: www.hrskate.ca

Full Season 2025-2026 Class:

Mondays: 6:15 - 7:00 pm

• 20 Classes

• Start: Oct 6 End: March 16

Full season

All sessions are on the large ice.

\$280.00

Cost: Mandatory Skate Canada Membership Fee will be added on top of registration at checkout.

