



SKATE CANADA  
SACKVILLE SKATING CLUB

## Sackville Skating Club

Fall/Winter 2021-2022

### CANSKATE & ADVANCED CANSKATE

Registration is online through <https://sackvillesc.uplifterinc.com/registration/>.

Skating families must stay up to date on current Nova Scotia COVID-19 restrictions (<https://novascotia.ca/coronavirus/restriction-updates/>) and follow these restrictions at all times to be permitted participation in club activities.

#### At THE RINK:

1. Arrive at the rink 'ice ready' (see page 4). With current Covid-19 guidelines, we ask that ONE parent/guardian assists their skater(s) in the dressing room.
2. Follow facility and club guidelines at all times. Maintain distance of 2m (6 feet) from other individuals when in the facility and wear a non-medical face mask.

**At this time, all skaters, program assistant volunteers, and coaches will be required to wear a mask while on the ice.**

#### Policies:

- All registration must be completed online at <https://sackvillesc.uplifterinc.com/> Registration, including payment, must be received before skaters are permitted on the ice.
- The **\$43.65 Skate Canada fee** (valid Sept 2021 to Aug 2022) is non-refundable and must be added to the price by all home club skaters if they have not already done so this season.
- There is a \$40 charge for any NSF cheques and must be replaced with a money order or cash before the skater's next session.
- No refunds except with a medical certificate and a written request to [admin@sackvilleskatingclub.com](mailto:admin@sackvilleskatingclub.com)
- The number of sessions cannot be guaranteed due to unforeseeable circumstances, such as snow storms. Cancellations will be posted on the club's website and Facebook page.
- Session dates and times are tentative and subject to change. Sessions with low enrollment may be altered and/or cancelled.
- As e-mail is our main method of communication, please be sure to provide an address you check frequently.
- All skaters, coaches, volunteers, and parents must abide by Skate Canada's Code of Ethics at all times.

**Any skater that registers for a level in which they do not qualify (due to age or level) will have their registration removed.**

**CanSkate:** Learn-to-skate program (appropriate for hockey, ringette, figure skating and recreational skating). Stages 1-6. All CanSkaters must wear a certified hockey helmet. Hockey or figure skates are permitted. Please no fuzzy gloves/mittens as they stick to the ice and leave residue.

**PLEASE NOTE:**

- Monday CanSkates will accept skaters age 4+ as of October 1, 2021.
- Saturday CanSkate 1 will accept skaters age 3+ as of October 1, 2021.
- Saturday CanSkate 2 is for returning skaters who have completed the full Stage 1 badge and above (on ice with Advanced CanSkate).

<p><b>Monday CanSkate #1</b> 21 weeks <b>\$300</b> (plus Skate Canada fee)  Age 4+</p>	<p><b>5:10 – 5:50 pm</b> Sackville Sports Stadium</p>	<p>Oct 4, 18, 15 Nov 1, 8, 15, 22, 29 Dec 6, 13 Jan 3, 10, 17, 24, 31 Feb 7, 14, 28 Mar 7, 21, 28  No skating Oct 11 ; Feb 21; Mar 14</p>
<p><b>Monday CanSkate #1</b> 21 weeks <b>\$300</b> (plus Skate Canada fee)  Age 4+</p>	<p><b>5:50 – 6:30 pm</b> Sackville Sports Stadium</p>	<p>Oct 4, 18, 15 Nov 1, 8, 15, 22, 29 Dec 6, 13 Jan 3, 10, 17, 24, 31 Feb 7, 14, 28 Mar 7, 21, 28  No skating Oct 11 ; Feb 21; Mar 14</p>
<p><b>Saturday CanSkate #1</b> 21 weeks <b>\$300</b> (plus Skate Canada fee)  Age 3+</p>	<p><b>4:10 – 4:50 pm</b> Sackville Sports Stadium</p>	<p>Oct 2, 9, 16, 23, 30 Nov 6, 13, 27 Dec 4, 11, 18 Jan 8, 15, 22, 29 Feb 5, 12, 19 Mar 5, 19, 26  No skating Nov 20 ; Feb 26 ; Mar 12</p>
<p><b>Saturday CanSkate #2</b> 21 weeks <b>\$300</b> (plus Skate Canada fee)  Stage 2+ only</p>	<p><b>4:50 – 5:30 pm</b> Sackville Sports Stadium</p>	<p>Oct 2, 9, 16, 23, 30 Nov 6, 13, 27 Dec 4, 11, 18 Jan 8, 15, 22, 29 Feb 5, 12, 19 Mar 5, 19, 26  No skating Nov 20 ; Feb 26 ; Mar 12</p>

**Advanced CanSkate:** Stages 4-6 of CanSkate (and by invitation) with small group sizes and a focus on stronger skating skills and figure skating specific skills. Our Advanced CanSkate Program gives skaters the opportunity to continue working towards achieving the skills outlined in the CanSkate Program but in more of a figure skating environment. Skaters will still be assessed and receive the badges and ribbons for CanSkate but will also have the chance to try out more figure skating specific skills and concepts.

Following Skate Canada’s LONG TERM ATHLETE DEVELOPMENT Model, our Advanced CanSkate is now a **two day/week program**, and also includes off ice training once per week. Please choose two of the three sessions listed below. If for any reason you are unable to do two sessions per week, please email [admin@sackvilleskatingclub.com](mailto:admin@sackvilleskatingclub.com) and we will accommodate you to the best of our ability.

Figure skates are recommended, but not required. **Skaters must wear a certified helmet until they complete Stage 5.**

<p><b>Sunday</b> 21 weeks <b>\$350</b></p>	<p><b>3:00 – 4:35 pm</b> Lebrun Arena</p> <p>Includes 3:45-4:00pm Power, Edges, Turns on ice class &amp; 4:10-4:35pm Off ice training class</p>	<p>Oct 3, 10, 17, 24 Nov 7, 14, 28 Dec 5, 12, 19 Jan 2, 9, 16, 23, 30 Feb 6, 13, 20, 27 Mar 6, 20, 27</p> <p>No skating Oct 31 ; Nov 21 ; Feb 27 ; Mar 13</p>
<p><b>Saturday</b> 24 weeks <b>\$320</b></p> <p>(on with 2 groups of Stage 2+ CanSkate)</p>	<p><b>4:50 – 5:30 pm</b> Sackville Sports Stadium</p>	<p>Sept 4, 11, 18 Oct 2, 9, 16, 23, 30 Nov 6, 13, 27 Dec 4, 11, 18 Jan 8, 15, 22, 29 Feb 5, 12, 19 Mar 5, 19, 26</p> <p>No skating Nov 20 ; Feb 26 ; Mar 12</p> <p>Sept 4, 11, 18 – sessions are 5:05-5:40pm (Adv Can only)</p>
<p>If both Saturday and Sunday Advanced CanSkate classes do not work for your schedule, the skater can join one of the Monday CanSkates (see page 2)</p>		

## How to Arrive 'ICE READY'

Below are examples of hard guards (plastic or rubber) that are required for a skater to walk on concrete, tile, etc. while wearing skates. These guards protect skate blades, as hard surfaces dull the blades very quickly. Once down at ice level where there is protective matting on the floor, skate guards can be removed.

For a skater to arrive 'ice ready' and walk down to ice level, they will need a pair of hard guards. These can be found at any sports store. If you have any questions please contact us at [admin@sackvilleskatingclub.com](mailto:admin@sackvilleskatingclub.com).

**PLEASE LABEL GUARDS WITH YOUR SKATERS NAME.**



Suitable for figure skates or hockey skates.



Works well for figure skate style blades.



(with hard bottoms) Works well for hockey style skates