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Dartmouth Skating Club



CanSkate Skating Session

Fall Registration (September – December)

Ages 3 ½ – 11



What is 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 immersed in a program that focuses on fun, participation and basic skill development. Based on Sport Canada's long-term athlete development (LTAD) principles, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

Who's it for?

For beginners of all ages, children or adults, as well as for those wishing to improve their basic skills whether their focus be for figure skating, hockey, speed skating, ringette or just skating for fun.

Who teaches it?

NCCP-trained professional coaches, assisted by trained program assistants.

What will you learn?

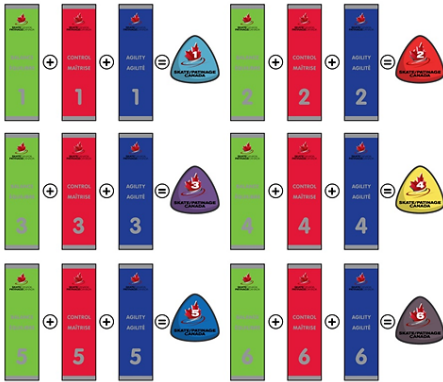
A complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating. CanSkate uses nationally tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster.

What can you expect?

Action, movement and fun! Lessons are given in a group format with a coach-to-student ratio of a maximum 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.

What do you need to participate?

All you need are properly fitted skates (try to avoid plastic molded skates and do **not** remove picks from figure skates), a CSA-approved hockey helmet (required for stages 1-5), long pants, mittens, warm sweater or jacket. Dress in layers – it will get warm!



Registration: (Member Registration starts Aug 28th and have priority placement until Sep 1st. All registration must be in by Sep 4th to avoid a late fee of \$25.00)

Select	Day	Dates	Time	Sessions	Location	Cost
	Thursday	Sep 17, 24 Oct 1, 8, 15, 22, 29 Nov 5, 12, 19	6:45pm – 7:20pm	10 weeks	RBC Centre	\$150
	Tuesday	Sep 8, 15, 22, 29 Oct 6, 13, 20, 27 Nov 3, 10, 17, 24	7:00pm – 7:40pm	12 weeks	Zatzman Sportsplex	\$180
	Saturday	Sep 12, 16 Oct 3, 10, 17, 24, 31 Nov 7, 14, 21	9:15am – 9:50am	10 weeks	RBC Centre	\$150

****KidSport** is a national not-for-profit organization that provides financial assistance for registration fees and equipment to kids aged 18 and under. Check it out [HERE](#).

Payment:

All Skaters are required to pay the annual \$45.00 Skate Canada Registration/Insurance Fee. Membership is valid from September of 2020 until August of 2021.

Accepted Methods of Payment: Cash, Cheque and E-Transfer. If paying by cheque, please make out to Dartmouth Skating Club. If paying my e-transfer, please use email dartmouthskatingclubdsc@gmail.com and password: Fall2020.

IMPORTANT: The club will not be responsible for injury or loss of property. A \$35 fee will be charged on all NSF cheques. Program fees will be refunded on a prorated basis (less 25% administration fee) for medical reasons only. All requests for medical refunds are to be submitted to the club and must be made in writing within two weeks of absence and accompanied by a medical note from a Health Care Professional. DSC reserves the right to add, cancel or modify any session. Fees must be paid in full prior to skater stepping on the ice. There are no refunds for snow days.

Applicant Information: (The third and immediate family member in a recreation program is half the lowest price)

Skater's Name:				Date of Birth:		Gender:	
Parent / Guardian's Name:				Phone #			
Email Address:							
Mailing Address:							
City:				Postal Code:			
Were you a DSC Winter 2020 Member?		Select your Method of Payment:		Total Due:			
I agree to allow DCS to take pictures of my child to be used on the DSC website:				YES	NO		

Preschool Skaters and NEW Members, please answer the following questions:

Skater is able to get up unassisted?	YES	NO	Skater is able to walk forward?	YES	NO
Skater is able to skate forward and glide?	YES	NO	Skater is able to stop?	YES	NO
Skater is able to skate backwards?	YES	NO	Last Badge Passed:		

Signature: _____ **Date:** _____