

New to CanSkate!?

CanSkate is Skate Canada's nationally recognized learn to skate program and were so glad you've decided to be a part of this wonderful program through our Juan de Fuca Skating Club!

FAQ:

What to Wear/Bring:

- CSA approved helmet is mandatory
 - Most bike helmets are not CSA approved, please see a coach or executive member at the rink if your unsure about your helmet.
- Skates
 - We do not rent/loan skates, if you have any questions on purchasing skates please see one of our coaches at the rink
- Clothing that allows freedom of movement, ie: stretch pants
 - No Jeans or Snow Pants
- A warm sweater
 - No bulky winter coats
 - A layered 'lululemon look' is best for warmth and mobility
- Warm Gloves or Mittens
- Pre-Power – may wear hockey gear, but not required
- Running Shoes
 - Children will do an off-ice warm up prior to lacing up their skates, please see online schedule for times applicable to your session

How often do I sharpen my skates?

- CanSkate – approx. every 2 months
- StarSkate/Competitive Skaters – approx. every 6 weeks

What group is my child in?

- Skaters who have been with our program in the past will be grouped according to the last level they skated in
- New members will start in Pre-CanSkate and will be assessed and where applicable placed in a different group appropriate to their skill level as quickly as possible
- Assessments are ongoing throughout the year to ensure all skaters are learning relevant skills applicable to them in a progressive and sequential manner.
 - There are no 'test days' in CanSkate, children are assessed as required at anytime

Have more Questions? Contact our CanSkate Directors:

Mrs. Rushton (lrushton@telus.net) or Miss Annaliese (jdfcoach@yahoo.ca)