Revised: August 27, 2026

Welcome to the Fall 2026 CanSkate Season!

Welcome to Campbell River Skating Club's CanSkate program!
Here's some important information about the program and what to expect this season.

Equipment & Clothing

All skaters are required to wear a **CSA approved hockey helmet** while on the ice. This policy will be strictly enforced. ***Note that goalie helmets, ski/snowboard, multi-sport, and bike helmets are <u>not</u> permitted.***

CanSkaters should dress in a warm pair of pants, with a sweater or jacket, and mittens or gloves. Snowsuits and knee pads are <u>not</u> recommended, as they can make it difficult for skaters to move freely and fully bend their knees. To prevent tripping, pants should not be baggy or fall below the ankle, scarves must be tucked in, and jackets zipped up at all times.

Skates that fit properly and offer good support are essential to the safety and success of your skater. Adjustable-sized skates, nor ones made of plastic, are not ideal for learning. Skates should be laced all the way up and tied tightly, without causing pain. We highly recommend skaters purchase their own equipment (skates and helmet) from a reputable dealer to ensure they are using the same gear each week for the best experiences. We cannot guarantee the availability of rentals from Strathcona Gardens.

You can get skilled consultation and high-quality gear from our local retail partner, North Edge Ice Sports. Rory Allen, our club's Director of Programs, is the owner and operator. The store offers an extensive amount of both new and gently used skates, equipment, and skating attire, as well as professional skate sharpening services. Skates should be sharpened once a term if skating one day a week, twice a term if skating twice a week. Please sharpen skates sooner if there are signs of rust, as well as if a skater steps on concrete or other surfaces besides the rubber matting. Skate guards are strongly recommended.

Skater Groupings

CanSkate is designed to encourage progressive learning throughout the season. During the first few sessions, we will be assessing skaters and assigning groups. Skill, age and interest (hockey, recreation, figure skating, etc.) are all factors that affect groupings. We may also suggest other programs based on your skater's skill level and interests. There is often a lot of movement between groups during the first few weeks, and groups may change during the season to accommodate skaters' developmental needs.

CRSC Coaching Team

You will see different members of the CRSC coaching team on ice during each CanSkate session. Our coaches are highly-trained and certified by Skate Canada. You can learn more about our coaching team on our website.

Our CanSkate Coordinator, H McFarlane, is always happy to be of assistance with any questions or concerns.

Our trained Program Assistants are an integral part of CanSkate.These skaters come from our club's other programs including STARSkate and PowerSkate to offer assistance and mentorship. We value and appreciate our PA's commitment and passion to the sport. Please note that PA's should not be approached for information regarding programs, concerns or skater progress. Please direct these inquiries directly to our coaching team members.

Alternate Schedules

<u>There are no expected cancellations or alternate schedules for the fall term.</u>

The fall term ends **December 18th, 2026.**

Please check our website for the most up to date schedules.

Stay tuned for future information regarding our full winter programming, as well as additional fun club special events and experiences!

Communication

Program updates are posted on the CanSkate table however most communication is done via our website and email. We strongly recommend regular visits to our website as well as turning on all email communications through Uplifter. It is important that you log into Uplifter, select "My Account" from the drop down menu from your name in the top right corner, and find the "Communication Preferences" Symbol and ensure all options are switched to "Yes" to not miss out on important information and events. Be sure to follow us on social media for up to date info!

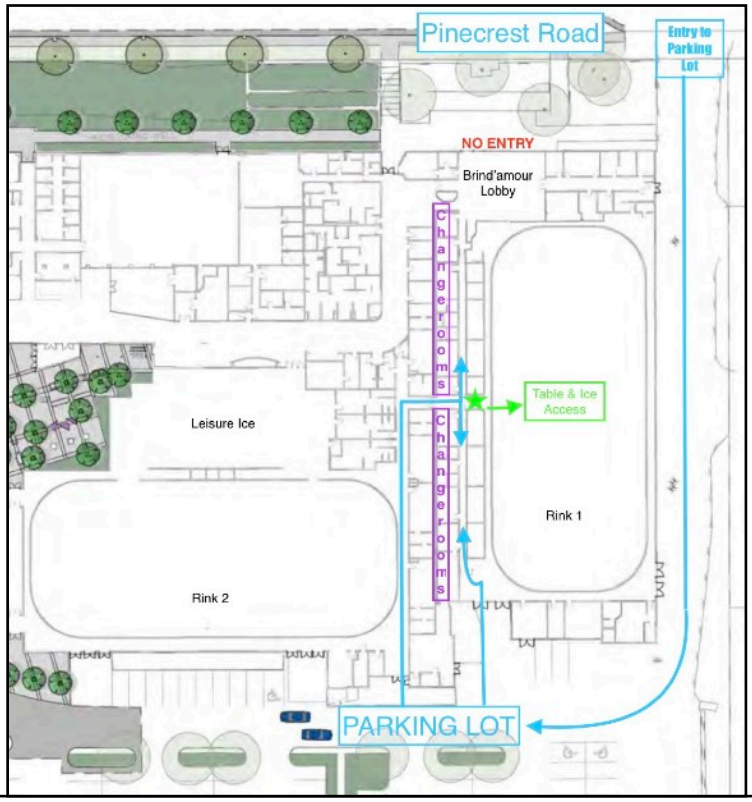
Registration Discount

Enjoying skating? Feeling motivated? Remember we offer a multi-day discount, which will apply automatically at check out when registering for multiple days! Payment plans are also available.

Adult and Teen Learn-To-Skate

We encourage everyone to participate in our CanSkate program! Adults follow the same progressions and pathways as our other athletes. If adult registration is low, you may be placed in a group which includes children.

Where to Get Ready



CanSkate will be held on **Rink 1** for the Winter 2026 season.

It is a requirement this season that all skaters use the rink 1 changerooms for putting on and taking off skates.

If the dressing rooms are locked when you arrive, please notify one of the coaches or ask a member of Strathcona Gardens staff to unlock them. Due to space limitations the lobby will be occupied by other skaters in an off ice class. The Brind'amour Lobby entrance should not be used. The nametag table will be set up in the tunnel that leads from the changerooms to the ice surface. Please take note of the map for changeroom, name tag table and ice access.

Theme Days & Special Events

Throughout the year, we have fun theme weeks and special events. During theme weeks, skaters are encouraged to dress up to match that week's theme! (Any costumes or clothing must be safe to wear on ice.) Please ensure any costume worn is appropriate, the skater's face is not covered, and no toy weapons or inflatable costumes are allowed on the ice.

September 29 & October 1 Bring a Friend

Bring a friend to skating! Each registered skater may bring one friend each day they skate. Buddies are welcome to join for the day at no charge, but do need skates and a CSA approved helmet to participate! Stay tuned for more details!

October 27-29 Halloween

Show off your halloween costume, wear halloween-themed clothing, or show up with some spooky face paint! Scary, silly, fancy, and everything in between! Expect fun props, circuits and more! *Please make sure outfits and accessories are safe for skating.*

December 15 & 17 Christmas

Show your holiday spirit by dressing the part! Please make sure outfits and accessories are safe for skating.

What's Comes Next?

PreCanSkaters

PreCanSkaters will be moved into rotation with other CanSkaters once they are up and moving. Following, skaters will continue in the CanSkate program.

CanSkaters

CanSkaters are generally completing stages 1-4. Following, they are invited either to the Academy program where CanSkate 5 & 6, as well as entry level figure skating elements, are the focus; or to the PowerSkate program, to work on skating skills for hockey.

Academy Skaters

Academy skaters are working on stages 5 & 6, as well as learning entry level figure skating elements. Skaters may be offered competition and other performance opportunities as they master new skills. Following Academy, skaters are invited into the Junior program, where more traditional figure skating practices begin and sessions will include group lessons (included in fees), private/semi private lessons (additional charges), as well as individual practice time.

Junior, Intermediate and Senior

Skaters will be offered regular competition and performance opportunities. Skaters will train either in the STARSkate pathway, in levelled events from STAR 1-10 +Gold, or on the Podium Pathway beginning in Pre-Juvenile. Coaches will decide which pathway is most suitable for your skater. Skaters will take national assessments, enjoy longer sessions and more intricate on and off ice curriculum. They will also have opportunities to attend regional and provincial seminars, and other events. Skaters will be moved into new sessions based on their individual development and skill acquisition.

Badges & Report Cards

CanSkate teaches and trains three key components of ice skating – including agility, balance and control – to develop the fundamental skills needed for all ice sports. There are six stages of learning in each area, allowing skaters to progress from very simple movements to more complex skills. Skaters are rewarded with ribbons and badges as they master the skills in each stage. This year, we will be doing ongoing assessments and ribbons and badges will be distributed as they are achieved throughout the session - always return your name tag so that awards and other information can be handed out the next time you skate!

Assessments will be uploaded online for the last week. Parents can check their uplifter "Evaluations" section to view their skaters development. The online evaluations are updated 1-2 times per season.

Boston Pizza

Heading out for dinner?
Remember to write "CRSC" on the back of your receipt and pass it to your server to help our club with ongoing fundraising efforts!

HAVE QUESTIONS?

h@skatecampbellriver.ca

MORE CANSKATE INFO

skatecampbellriver.ca/learn-to-skate

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