



# Ardrossan Strathcona Figure Skating Club



Dear CanSkate Parents,

The Ardrossan Strathcona Figure Skating Club is excited to have you join us for our Winter 2024 CanSkate session!

## Who is CanSkate for?

This program is for skaters 3-14 years old who are able to stand up and skate forwards and backwards **without any assistance**.

## Who teaches it?

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

## What will your skater 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 a 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 and other incentives are used to benchmark skaters' progress and reward effort and participation.

## What does your skater need to participate?

All your skater needs are skates that have been sharpened (we highly recommend lace-up hockey or figure skates), a CSA-approved hockey helmet (no bike helmets), long pants, mittens, and a warm sweater or jacket. For more information about equipment, please visit our website at [www.asfsc.ca/pages/programs/general/equipment-information/](http://www.asfsc.ca/pages/programs/general/equipment-information/).

## Where do we go on the first day?

All skaters should stop at the check in table on the first day of classes. Here you will get a name tag and you will be sent to the dressing room for your class.

## Important dates:

	Monday Classes	Saturday Classes
<b>First Day of Classes</b>	January 8, 2024	January 6, 2024
<b>No Skating Days</b>	February 19, 2024	March 9, 2024
<b>Teddy Bear Skate</b>	January 22, 2024	January 20, 2024
<b>Valentines Day Skate</b>	February 12, 2024	February 10, 2024
<b>Last Day of Classes (and Report Cards)</b>	March 11, 2024	March 16, 2024

We look forward to seeing your skater on the first day of classes! If you have any questions or concerns, please do not hesitate to contact us at [info@asfsconline.com](mailto:info@asfsconline.com) or talk to one of the coaches before/after the CanSkate session if they are not teaching another class at the time.

Regards,

ASFSC Team