



INFORMATION FOR CANSKATE PARENTS

For those just joining the Markham Skating Club, our CanSkate program is based on Skate Canada's CanSkate guidelines, and is coordinated under the watchful eye of Rodolfo Guilherme. Rodolfo has planned an exciting program which delivers a safe and stimulating environment for beginner skaters 5 years old and up. Badges are awarded as skaters move toward more advanced Skate Canada programs.

IMPORTANT
Parents must stay in the arena where their child can see them at all times during the session, and skaters should never be left at the arena alone.

Equipment Necessities

- 👉 CSA approved helmets are mandatory for all CanSkaters.
- 👉 Skate guards are mandatory and must be worn at all times when skaters are not on the ice, including in the arena lobby.
- 👉 When choosing skates, we recommend "lace-up" skates, as they provide the best support, allow proper movement, and accommodate adjustable fit. The skate's boot must be firm, and must provide good support to the foot and ankle.

KEY DATES FOR YOUR CALENDAR

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| September 2011 | Wednesday September 7 th – Fall/winter session begins |
| October 2011 | Saturday October 8 th & Monday October 10 th – Arena closed for Thanksgiving Wednesday October 26 th – Low test day* |
| November 2011 | Wednesday November 2 nd – High test day* |
| December 2011 | Wednesday December 14 th – Low test day* Wednesday December 21 st – High test day* Friday December 23 rd – Last day of sessions before Christmas break Saturday December 17 th – Annual Christmas party |
| January 2012 | Monday January 2 nd – First day back for 2012 |
| February 2012 | Monday February 20 th – Arena closed for Family Day Friday February 24 th – Mini-Olympics Saturday February 25 th – Club Competition |
| March 2012 | Tuesday March 13 th – Last day of regular sessions Wednesday March 14 th – Low test day* Thursday March 15 th – High test day* Monday March 19 th – Ice Show rehearsals begin Saturday March 24 th – Annual banquet |
| April 2012 | Monday April 16 th – Ice Show production week begins April 20 th , 21 st , 22 nd – Ice Show performances |

***On test days, regular sessions are cancelled.**

Times and schedules are subject to change; whenever possible, notices will be posted on the MSC website, emailed to members and posted in the arena. For this reason, please provide email addresses for every relevant individual in your family. If you do not have access to email, please be sure to check our website or the bulletin board in the lobby of the arena on a regular basis.

Need a costume for Halloween or a special event?

Did you know the Markham Skating Club also runs a costume business called The Loft? We rent costumes for Halloween, theatre shows, dance recitals, school plays and theme parties. Prices vary from \$5 to \$25. For information, call 905-294-0673 or email costumes@markhamskatingclub.com.

Enjoy life-long benefits through continued skating after CanSkate 5

Our past skaters often speak of the positive impact that skating has had on their lives, including improved fitness, musicality and posture. "Tween" and teen skaters also exhibit greater confidence, time-management skills and self-motivation. Of course, skating is also a great way to socialize and have fun!

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