



CanSkate  
PatinagePlus

# CanSkate information session

Markham Skating Club  
September 2025



# Agenda

1. Welcome
2. CanSkate team
3. CanSkate program
4. Session format
5. Equipment/Safety information
6. Facility information
7. Club information
8. Beyond CanSkate
9. Resources
10. Questions

# CanSkate Team

- StarSkate & CanSkate Coaches - **Black Jackets**
  - Paid professional coaches who are trained under the National Coaching Certification Program (NCCP), an organization that provides standardized, inclusive, and safe sport education
  - NCCP Coaches teach the lessons on all CanSkate sessions
- Program Assistants (PAs) - **Red Sweaters**
  - Volunteer StarSkate level skaters who are Skate Canada trained
  - PAs assist the Coaches with the lessons by leading group activities and helping/guiding skaters on the circuits
- CanSkate Coordinator - Candice Glover



# CanSkate Program

**Skate Canada's** official learn-to-skate program and has been designed to address the development of skating skills and elements in preparation for all ice sports.

Conducted in a fun, friendly environment, the CanSkate program showcases a comprehensive series of **balance**, **control** and **agility** skills, using national standards and proven curriculum with emphasis on good technique.

The overall objective is to evoke an interest in life-long participation in skating.

# CanSkate Program Content

The CanSkate program is organized into **three Fundamental areas** and divided into **six stages** of learning (see details on next two slides)

The Fundamental areas are:

1. **Balance:** Focus on forward skills, pushing technique and edges
2. **Control:** Focus on backward skills, stopping and speed elements
3. **Agility:** Focus on turning and jumping skills

Assessment is ongoing. Coaches use iPads to record progress.

Skaters earn ribbons and badges throughout the season.

# CanSkate Content overview

**CANSKATE CONTENT OVERVIEW**

	BALANCE	CONTROL	AGILITY
<b>STAGE 1</b>	Fall down & get up Forward skating Forward two-foot glide Forward two-foot sit glide	Snow slide steps Backward skating Backward two-foot glide	Stationary 180° turn Stationary two-foot jump Forward skating perimeter of ice surface
<b>STAGE 2</b>	Forward sculling Forward two-foot to one-foot glide Forward push/glide sequence Forward one-foot glide with speed	Forward stop Backward two-foot sit glide Backward two-foot to one-foot glide Backward push/glide sequence	Forward two-foot turn Backward two-foot turn Forward two-foot jump Forward 180° glide turn
<b>STAGE 3</b>	Forward stationary blade push Forward two-foot slalom Forward circle thrusts Walking crosscuts Forward two-foot to one-foot curve glide	Forward stop with speed Backward sculling Backward two-foot to one-foot glide Backward push/glide sequence Backward one-foot glide	Forward two-foot quick turn Backward two-foot quick turn Forward 360° step turn Backward two-foot jump Fast forward perimeter skating



# CanSkate Content overview

**CANSKATE CONTENT OVERVIEW**

	BALANCE	CONTROL	AGILITY
<b>STAGE 4</b>	Forward crosscuts Forward inside giant slalom Forward outside giant slalom Forward lunge Forward spiral Drop-down drill Forward V start	Backward stop Backward circle thrusts or pumps Backward two-foot slalom Backward one-foot glide with speed Sustained forward one-foot glide Speed drill #1	Forward one-foot turn Backward 360° step turn Forward to backward two-foot jump Backward to forward two-foot jump Two-foot spin Two-foot sit spin
<b>STAGE 5</b>	Forward crosscuts – figure 8 Forward inside edges Forward push/glide sequence Inside spread eagle Forward one-foot slalom Running lateral crossovers Forward perimeter skating with jumps	Forward two-foot side stop Backward stop with speed Backward crosscuts Backward inside giant slalom Backward push/glide sequence Backward spiral Speed drill #2	Forward one-foot turn Forward 360° glide turn Forward to backward one-foot jump Forward power jump One-foot spin Alternating foot spin Forward tight glide turns
<b>STAGE 6</b>	Forward power crosscuts Forward outside edges Forward one-foot slalom Forward one-foot sit glide Forward spiral (curve or straight line) Forward crossover acceleration Forward perimeter skating with crosscuts Forward perimeter skating with side stops	Forward one-foot side stop Forward two-foot side stop with speed Backward outside giant slalom Backward crosscuts – figure 8 Backward perimeter skating with crosscuts Backward one-foot slalom Backward one-foot spin Speed drill #3	Forward C Step Backward C Step Two-foot multi turns Rotating power jump Backward toe-assisted jump Backward 360° two-foot jump Forward one-foot spin with spiraling entry Forward two-foot reverse pivot turn



# CanSkate Program Awards

**18 ribbons** (1 Balance, 1 Control and 1 Agility for each level) When a skater **passes all elements in an area** (Agility, Balance, Control), they receive a **ribbon**

**6 badges** (1 for each stage) When a skater **achieve all ribbons** from the corresponding stage, they receive a **badge**

Program awards are provided throughout the season to motivate and encourage skaters

Look on the CanSkate table in the lobby for your child's envelope



Here at MSC, there are also ***CanSkater of the month*** and ***CanSkater of the Year*** awards



# Session format

## 6 CanSkate groups:

- Skaters assigned to one colour group based on their current level

Balance – Pink & Red

Control – Blue & Yellow

Agility – Purple & Green

- Skaters rotate to other groups on their side during lesson time
- Perimeter is called the Fast Track

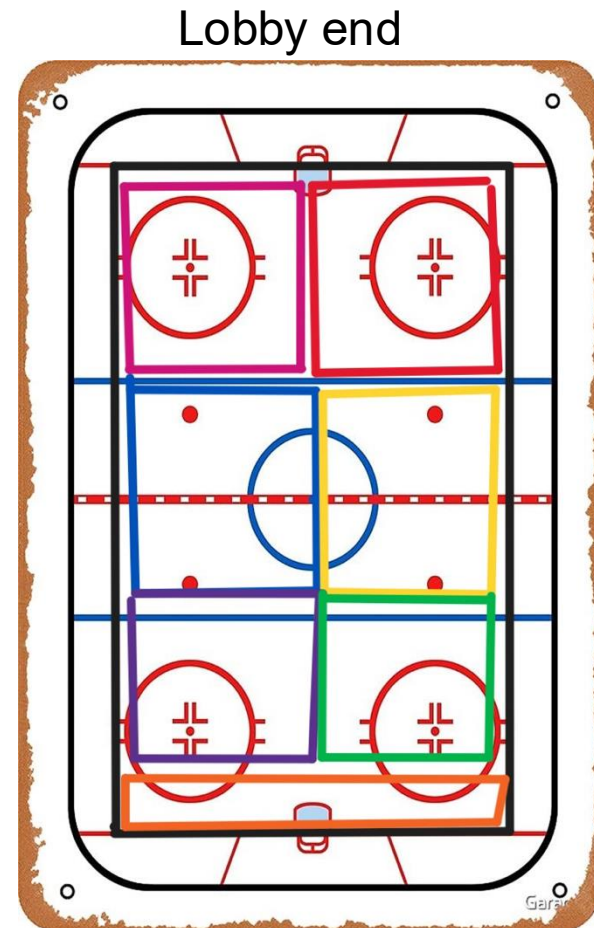
Higher  
levels  
Stages  
4-6

Lower  
levels  
Stages  
1-3

## 1 PreCanSkate group (Zamboni end)



CanSkate  
PatinagePlus



Zamboni end

# Session format – 50 minutes

- **Warm-Up** (5 min) – done to music
  - **Group lessons** (30 min) - 3 x 10 minutes in each fundamental area
  - **Group activity** (10 min) – reinforces the skills that are taught in the group lessons through practice and repetition
  - **Cool Down** (5 min)
- 
- **Private lessons** can be arranged with any of our StarSkate coaches (to be given after the group lessons)
- 
- Pre-CanSkate - follows a similar format in their designated area

# Required equipment

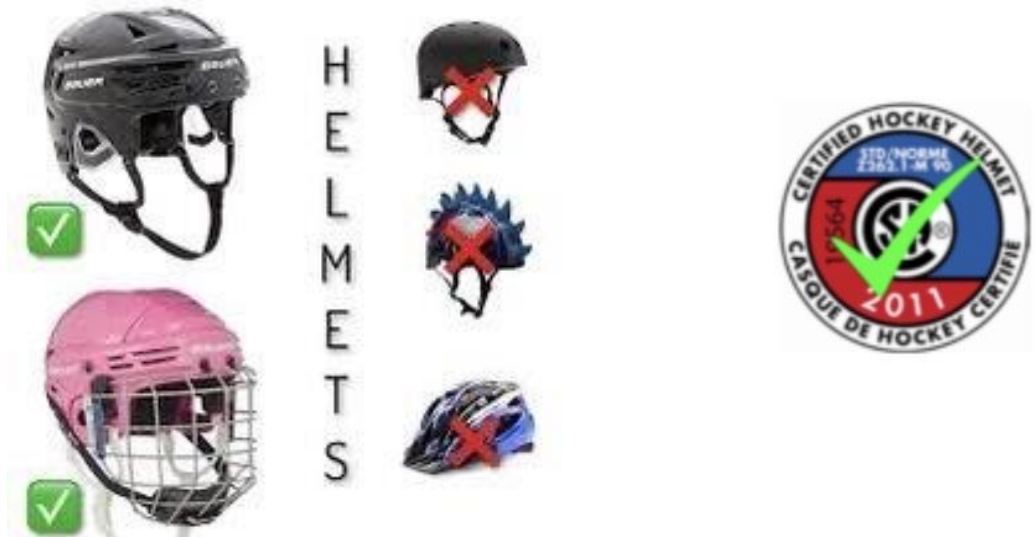
Skaters joining our CanSkate program should wear the following equipment **every** session:

1. CSA approved **helmet** – **MANDATORY**
2. Proper fitting Figure or Hockey **skates with hard skate guards**
3. Proper clothing - layers are best
4. **Gloves or mittens**
5. Markham Skating Club issued **Name badge** (identifies which group the child is in) – Please keep it with your child's skating equipment

# Important equipment information

## Helmet guidelines

- **CSA approved hockey helmets are mandatory for ALL CanSkaters up to and including Stage 5 as well as ALL PreCanSkaters**
- The helmet and strap should be adjustable, and the fit should be snug
- Face mask/cages are optional but recommended for beginners



# Important equipment information

## Skate guidelines

- Hockey or figure style skates with laces are recommended rather than clips or dials
- Sharpen skates when purchased and re-sharpen after approx. 30 hours of skating
- No walking on concrete/hard surfaces without **hard skate guards**
- Wipe the blades dry after every use
- The bottom pick on figure skates should not be removed. It is part of the design of figure skates and essential for proper balance



# Important equipment information

## Clothing guidelines

- Clothing should provide warmth but is not too bulky or restrictive
- Wind pants or track pants over long comfortable pants are recommended
- Coaches draw circuits on the ice using bingo dabbers that may stain clothes. Please take this into consideration when choosing clothing for skating lessons.
- **Mittens and gloves are required**



GLOVES ✓



MITTS ✓

# Facility information

- Parents/guardians **MUST remain on-site** for the duration of the session
- **Dressing rooms**
  - Available for use during sessions - close to each entrance to the ice
  - Washrooms are in each dressing room and also in the Lobby
  - Note: **hard guards MUST be worn on skates** if walking in the Lobby
- **Lost & Found**
  - Located inside the arena to the left of the entrance doors

# Club information

- **Markham Skating Club office**
  - open during session times for assistance
  - Purchase MSC merchandise
- **The Loft**
  - Costumes available for rent – Halloween, school plays, dance recitals
  - Test day or/competition dresses & boys' shirts/pants
  - Book an appointment at [costumes@markhamskatingclub.com](mailto:costumes@markhamskatingclub.com)
  - Entrance is located under the timekeeping clock to the left of the Waxers' dressing room door – opposite end of the arena from the Lobby

# Beyond CanSkate – after Stage 5

## Figure Skating:

- Introduction to basic figure skating elements and skills
- Private lessons are highly recommended at this level as the program is less structured but still includes a stroking class and 2 group lessons
- Skaters work towards testing and competing at this level

## Power Skating:

- Geared towards hockey and ringette players and requires full hockey equipment including a hockey stick
- Skating skills, techniques & performance drills required in game situations are taught - straight-line acceleration (power and speed) - edge quality (balance, control and agility)
- Sessions held on Tuesdays @ MSC 7:10 pm for younger players (min. 6yr) or 8:10 pm for Advanced players (min. 8yr)

# Resources

- Markham Skating Club website
- Skate Canada website – CanSkate section
- Youtube – [Skate Canada Development library](#)

# Questions?



**CanSkate**  
**PatinagePlus**