



Innisfil Skating Club – CanSkate 2023-2024 Season



Welcome to all our new and returning members registered in the Innisfil Skating Club CanSkate program. We are looking forward to a great skating season! We have a dedicated group of individuals and have laid the framework to enable the Club to build on its previous years' successes to offer an exciting CanSkate season ahead.

CanSkate is Skate Canada's learn-to-skate program for beginners. Skaters are taught in a small group by a Skate Canada Certified Coach. The CanSkate program consists of movements using circuits to teach and practice skills. This format ensures little standing around and less time waiting to take turns to practice skills. Skaters will rotate to different stations throughout the session. All sessions will have the following components – warm-up, lesson time, group activity, and cool-down.

Also on the ice are our Program Assistants (PAs) who assist as required. These are StarSkaters who are former skaters of the CanSkate Program. They are on the ice to assist the coach during the lesson, demonstrate the skills and help supervise. They will also lead the group from station to station. Program Assistants will have a red jacket with "Helper" on it to identify themselves.

Here are a few reminders to help things run smoothly and successfully:

- Please arrive at least 15 minutes before your session starts. Assigned dressing rooms will be posted.
- Be sure to note any cancellation days that have been listed on our website and our bulletin board calendar (Stroud Arena).
- All skaters **must** wear a CSA approved hockey helmet.
- Skaters should wear gloves and warm clothing that allow for freedom of movement on the ice.
- Please do not interrupt the coaches or skaters once the session has started. Parents should remain in the viewing area and not stand directly at the boards.

Some special skating events have been planned throughout the season to allow our skaters to express themselves and have fun.

- **Halloween Skate** – October 28 – Skater's are welcome to wear their costumes on the ice.
- **Super Hero Day** – November 29 – Super Hero themed events, circuits, and activities. Costumers are welcome!
- **Holiday Family Skate** – December 23 – Bring your friends and family to join our ISC team for a Holiday skate!
- **Under the Sea Day** – January 27 – Mermaid, fish, and under water themed events, circuits, and activities.
- **Valentine's Day** – February 14 – Valentine's themed events, circuits, and activities.
- More events are to be announced in the new year!

Skating, like many other group sports, relies upon the commitment of a strong volunteer group. Without the commitment from these volunteers, our programs cannot run. Please consider becoming involved with our organization.

Thank you for your cooperation and happy skating!

Innisfil Coaches and Board Members