



# APEX

## SKATING ACADEMY

### FALL CANSKATE PROGRAM

CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Sport Canada's long term athlete development (LTAD) principles, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

This 4 week program offers options to skate 1 or 2 times per week under the instruction of NCCP trained professional coaches and program assistants. 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, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation. All you need are skates, a CSA-approved hockey helmet, long pants, mittens, warm sweater or jacket.

**Eligibility:** Stage 1-6 skaters **\*ALL skaters must wear a CSA approved helmet**

#### Program Options:

|                                     | Day and Time   | Cost        |
|-------------------------------------|--|-------------|
| <b>Full Program (8 sessions)</b>    | Saturday (1:15pm-2:05pm) <b>AND</b> Sunday (11:40am-12:30pm) | <b>\$90</b> |
| <b>Partial Program (4 sessions)</b> | Saturday (1:15pm-2:05pm) <b>OR</b> Sunday (11:40am-12:30pm)  | <b>\$55</b> |

**How to Register:** Registration will be completed online at <https://apex.uplifterinc.com> and accepted on a first come first served basis.

Registration Opens – **Saturday, July 29, 2017 at 7:00pm**

Registration Closes – **Saturday, August 26, 2017**

#### Program Dates and Locations:

| SATURDAYS |                             | SUNDAYS |                             |
|-----------|-----------------------------|---------|-----------------------------|
| 09-Sept   | CBS – Robert French Stadium | 10-Sept | CBS – Robert French Stadium |
| 16-Sept   | CBS – Robert French Stadium | 17-Sept | CBS – Robert French Stadium |
| 23-Sept   | CBS – Robert French Stadium | 24-Sept | CBS – Robert French Stadium |
| 30-Sept   | CBS – Robert French Stadium | 01-Oct  | CBS – Robert French Stadium |

If you have any questions please inquire at [apexskatingacademy@gmail.com](mailto:apexskatingacademy@gmail.com)

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### WHY CHOOSE CANSKATE?

#### THE BEST CURRICULUM

- A complete series of balance, control and agility skills that will prepare skaters for any ice skating sport or recreational skating.
- Nationally-tested and proven curriculum and delivery methods that guarantee skater success.
- Designed for 90% movement so skaters learn in an active and fun group setting.



#### THE BEST COACHES

- Nationally certified coaches trained specifically in teaching the mechanics and proper technique of skating.
- Coaches are assisted by trained program assistants.
- Ensures a 1:10 coach/program assistant to skater ratio or lower.



#### THE BEST RESULTS

- Some of the best skaters in the world learned to skate with CanSkate including Olympic figure skaters, Olympic speed skaters, men's and women's Olympic hockey players and NHL players.
- Tessa Virtue & Scott Moir, Olympic and World ice dance champions.
- Patrick Chan, Olympic medalist and World men's figure skating champion.
- Ivania Blondin, Olympic and World long track speed skater.
- Matt Duchene, NHL Colorado Avalanche and Olympic hockey team gold medalist.
- Jeff Skinner, NHL Carolina Hurricanes, NHL Rookie of the Year and former Canadian juvenile men's figure skating medalist.

#### THE BEST START

- Provides kids with the best foundation for figure skating, hockey, speed skating and ringette.
- Introduces a healthy, lifelong activity at an early age.
- Promotes fun, fitness and participation.



**ONLY THE BEST**  
can bring out their best

