

APEX SKATING ACADEMY

SPRING 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 6-week program offers instruction from 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 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: PreCanSkate and Stage 1-6 skaters

*CanSkaters working on Stages 4-6, with an interest in focusing on figure skating skills, are also encouraged to register for our **STAR Academy Program**.

Program Dates and Cost:

| | Day and Time | Cost |
|------------|--|----------|
| 6 Sessions | Sundays (1:20pm-2:05pm) – May 5, 12, 19, 26, June 2, 9 | \$85+HST |

***Note:** A Skate Canada fee of \$32.65 is applied for NEW Skate Canada members only. The fee does not apply to skaters who were registered in a CanSkate program with a Skate Canada Club for the 2018-2019 season. New CanSkaters will be contacted following registration to arrange for payment of the Skate Canada fee.

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

Registration Opens – **Wednesday, March 27, 2019 at 7:00PM**

Registration Closes - **Sunday, April 28, 2019**

Program Dates and Locations:

| SUNDAY | |
|---------|---|
| 05-May | Robert French Memorial Stadium *Note: Time Change for this day only 1:05-1:50PM |
| 12-May | CBS Arena |
| 19-May | CBS Arena |
| 26-May | CBS Arena |
| 02-June | CBS Arena |
| 09-June | CBS Arena |

If you have any questions, please inquire at apexskatingacademy@gmail.com



APEX

SKATING ACADEMY

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 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.

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.