

## CanSkate Program

### What is CanSkate?

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.

### Who's it for?

For beginners of all ages, children or adults, as well as for those wishing to improve their basic skills whether their focus be for figure skating, hockey, speed skating or just skating for fun.

### Who teaches it?

NCCP-trained professional coaches, assisted by trained program assistants.



Discover and encourage the skaters of the future with our 21st Dorval Invitational competition which will be held at the Dorval arena October 24, 25 and 26th 2017—Free entrance



Already 50 years!

### Registration - Information 2017-2018 Season

Dorval FSC  
Registration info: Laurel Duquette  
Phone: (514) 633-1621  
e-mail: cpadorvalfsc@gmail.com

Club member of the Dorval Athletic Association



### Figure Skating Club



### Registration 2017-2018 Season CanSkate Program

**Come to have fun  
and learn how to  
skate!**

**For everyone... From 3 to  
99!**



## Registration Information 2017-2018 Season

### You can register as follows:

- Monday Aug.28th at Sarto Desnoyers community center from 18h00-20h30
- At the Dorval arena on September 6th:
  - From 18h00-18h50—open house, bring skates, helmet & warm cloths
  - Registration from 18h00-20h00
- In person at the Sarto Desnoyers or Surrey centers from August 29 to September 6 from 8h30 to 16h30

### Season schedule:

Wednesday 18h00-18h50 Dorval arena  
Saturday 10h00-10h50, Westwood arena

The season starts on Saturday Sept. 9th and Wednesday Sept. 13, 2017 and ends March 31st, 2018

### Cost for Dorval's residents:

1X per week—260\$ \*

2X per week—350\$ \*

Non resident add 10\$

\* Reduction for more than 1 child per family

\* Payment by check or cash only

For more information and print the registration forms please visit our web site at:

[www.cpadorvalfsc.org](http://www.cpadorvalfsc.org)

### What will you learn?

A complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating. CanSkate uses nationally-tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster.

### What can you expect?

Action, movement and fun! Lessons are given in a group format with a coach-to-student ratio of a maximum 1:10. 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.



### Why choose CanSkate?

- To have fun skating and enjoy winter;
- To share a sport with your friends;
- To challenge yourself;
- To develop skating abilities and eventually go into private lessons for the Star or competitive programs;
- To improve your abilities in hockey or ringette and have even more fun doing it!

