

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 22nd Dorval Invitational competition which will be held at the Dorval arena November 23, 24 and 25th 2018—Free admission



Registration – Information 2018-2019 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 2018-2019 Season CanSkate Program

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

For everyone... From 4 to 99!



Registration Information 2018-2019 Season

You can register as follows:

- Monday Aug.27th at Sarto Desnoyers community center from 18h00-20h30
- At the Dorval arena on September 5th:
 - From 18h00-18h50—open house, bring skates, helmet & warm clothes
 - Registration from 18h00-20h00
- In person at the Sarto Desnoyers or Surrey centers from August 28 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. 8th and Wednesday Sept. 12, 2018 and ends March 31st, 2019

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

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!

