



January 2016

Dear CanSkate parents/guardians and skaters:

Welcome to the Riley Park Figure Skating Club CanSkate program! Canskate lessons for Winter session begin Saturday, January 2 and end Thursday, March 17. This year we will have a skating Carnival on March 19. We still have limited spaces available for CanSkaters; please see the registration desk for more information and to obtain a commitment form. There is a \$20 participation fee to cover the cost of the costumes. The deadline to register is January 31.

The CanSkate lesson:

As a Skate Canada member club, we teach Skate Canada's CanSkate (Learn to Skate) Program. The on-ice lesson is comprised of a warm-up, lessons, a group activity and a cool-down. During the lesson time, skaters will rotate through three circuits. Each circuit focuses on one of the fundamental areas: Balance, Control and Agility. While skating on the circuit, the skaters will learn new skills and practice skills learned in previous lessons.

Ribbons and Badges:

Ribbons, badges and report cards are used to benchmark a skater's progress and achievements throughout the skating season. Therefore, we are assessing skaters on a continuing basis. When a skater passes a fundamental area (Control, Balance or Agility) within a level, they will receive a ribbon for that skill. When the skater completes all three ribbons for a level (1 to 6), they will receive the corresponding level badge. It is possible for a skater to receive a fundamental area ribbon for the next level before completing all three fundamental areas for a badge. Report cards will be given at the end of the season.

Equipment:

Skaters are required to bring their own skates and helmets. CSA approved hockey helmets must be worn at all times (as per the Skate Canada Helmet Use Policy). Skaters should dress warmly and clothing should allow free range of motion. Gloves or mittens should be worn both for warmth and to protect the skater's hands if he/she falls.

Parent/Caregiver presence:

CanSkate parents/care givers are to remain in the vicinity of the rink during your skater's full lesson so that you will be available to meet your skater at the rink entrance if they need to come off the ice. This is especially important for little ones who are unable to use the toilet by themselves as our volunteers are not allowed to accompany a child to the toilet. To maximize your skater's time on the ice, we suggest ensuring they have used the toilet prior to their lesson.

No photography or filming during lessons:

Our skaters expect privacy during our lessons. Therefore, there is no photography or filming during lessons. While we realize you want to capture your child's progress on film, we are unable to monitor who is being filmed, by whom, and the children who are part of the video or picture being taken.

If you have any questions about our programs, feel free to email us at [info@rpfsc.ca](mailto:info@rpfsc.ca).

Riley Park Figure Skating Club