



Welcome to CanSkate!

If you have any questions, please contact Cara (CanSkate coordinator) at cara.song@gmail.com.
Looking forward to skating with you!

Where to go:

Upon arrival at our first CanSkate session, please visit Lee-Ann, our registrar. She will have a table set up in the changeroom hallway by the back doors, where the zamboni entrance is.

Nametags:

Each skater has a nametag, which will also indicate which colour group they are in. You will receive your nametag from Lee-Ann upon full payment for the session.

After the first session, nametags will be hung on Coloured Happy Face signs where we enter the ice (near the zamboni entrance). Please ensure your skater is wearing their nametag on the ice, as this is how we take session attendance.

Changerooms:

The TV screens in the hall will inform you which changerooms are available for CanSkate use.

Getting on and off the ice:

At the beginning of the session, we enter the ice at the corner doors by the zamboni.

At the end of the session, we exit at centre ice, through the Home and Away benches.

Session dates and times:

There are two CanSkate sessions per week:

- Mondays at 6:15 p.m. - 7:05 p.m.
- Saturdays at 11:00 a.m. - 11:50 a.m.

Please see the attached calendar for an overview on when we have special dress-up days, and when there is no skating.

Any changes in session dates or times will be posted on Facebook or sent out via email.

Session Format:

- Warm up
- Group lessons (Agility, Balance, and Control)
- Group activity
- Cool down

We do the warm up, group activity, and cool down together as a whole group!

What to wear:

Please ensure your skater has a CSA-approved helmet.

Clothing that is comfortable, warm, and light will keep your skater warm and allow them to move freely!

**Find us on Facebook:
North Bay Figure Skating Club**

CanSkate 2017-2018

■ = regularly scheduled session

■ = special session!

September 2017

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 *
17	18 *	19	20	21	22	23
24	25	26	27	28	29	30

* = First Day of CanSkate!

October 2017

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9 No CanSkate	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 No CanSkate
29	30	31	21 = Halloween Dress Up Day 30 = Halloween Dress Up Day			

November 2017

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
			1	2	3	4 No CanSkate
5	6	7	8	9	10	11 No CanSkate
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 No CanSkate	28	29	30		

December 2017

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
					1	2 No CanSkate
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 *	19	20	21	22	23 *
24 31	25 No CanSkate	26	27	28	29	30 No CanSkate

* = Last Day of CanSkate before holiday break

19 = CanSkate/PreSchool Holiday Party

At the beginning of every session, please find your skater's nametag on his/her group hanger. These will be hung 15 minutes prior to every CanSkate session at the corner near the dressing rooms and zamboni entrance. Skaters will enter the ice at the beginning of the sessions at this end of the ice and exit between Home and Visitor benches at the end of the session.

CanSkate 2017-2018

 = regularly scheduled session  = special session!

January 2018

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1 No CanSkate	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

27 = 'Bring Back Summer' Tropical Dress Up Day
29 = 'Bring Back Summer' Tropical Dress Up Day

February 2018

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 No CanSkate	20	21	22	23	24 No CanSkate
25	26 *	27	28			

* = Last Day of Monday CanSkate

March 2018

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10 *
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

* = Last Day of Saturday CanSkate

At the beginning of every session, please find your skater's nametag on his/her group hanger. These will be hung 15 minutes prior to every CanSkate session at the corner near the dressing rooms and zamboni entrance. Skaters will enter the ice at the beginning of the sessions at this end of the ice and exit between Home and Visitor benches at the end of the session.