



Welcome to CanSkate 2018-2019!

**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 Spring CanSkate session, please visit Lee-Ann, our registrar. She will have a table set up behind the Home/Away benches.

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 changerrooms 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.

Watching your skater:

It can be daunting for skaters to have a crowd of faces right next to the ice. Please find a comfortable seat in the stands, where you'll have a great view of your skater. Plus, we have a blast waving to our "fans" from the ice!

Session dates and times:

All Monday CanSkate sessions take place at 6:15 p.m. - 7:05 p.m.

All Saturday CanSkate sessions take place at 11:00 a.m. - 11:50 a.m.

Please refer to the calendar below for session dates.

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. For tips on purchasing a helmet and skates, Skate Canada has shared a video, "**Proper Equipment for CanSkate**" to help you get your child ready: <https://youtu.be/WTQ2Yr5pdR0>.

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

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

CanSkate 2018-2019

 = regularly scheduled session  = special session!

September 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						

* = First Day of CanSkate!

October 2018

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

27 = Halloween Dress Up Day

29 = Halloween Dress Up Day

November 2018

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
				1	2	3 No CanSkate
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	

December 2018

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

* = 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. Please do not sit at the Home and Visitor benches... there is plenty of room in the stands and skaters love to wave at the crowd!

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January 2019

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		

February 2019

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 No CanSkate	19	20	21	22	23
24	25	26	27	28		

11 = Spirit Day TBA
16 = Spirit Day TBA

March 2019

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 31	25 *	26	27	28	29	30 *

* = Last Day of CanSkate

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