



[lindsayskatingclub.com](http://lindsayskatingclub.com)



[lindsayskatingclub@gmail.com](mailto:lindsayskatingclub@gmail.com)

P.O. Box 411, Station Main, Lindsay, ON K9V 4S3

---

## **CanSkate Welcome Letter 2025-2026**

Hello and welcome to an exciting new skating season! This letter will hopefully answer those FAQs and give you some information as to what we have planned over the next few months!

### **Our CanSkate Program**

We have 7 NCCP certified coaches: Beth, Marg, Arlene, Emma, Emily (our CanSkate Coordinator), Payton and Lexie leading this program along with several Program Assistants. Program Assistants are club skaters and parents that volunteer their time. They are essential to our program's success! The main objective of our program is to teach the basics of skating for all ice sports. The CanSkate program contains six stages, which are broken down into three sub-categories; agility, balance and control.

### **Session Schedule & Format**

- Monday and Wednesday 5:30pm-6:15pm - Pad 2
- Dressing room assignments will be posted on the monitor in the lobby, and there are often signs on the dressing room doors.
- Warm-up (on ice for CanSkate, off ice for PreCan), rotation through 3 circuits, group activity, and cool-down
- As you enter Pad 2, there will be a sign-in table with skater name tags and attendance chart. Each week skaters will:
  - Pick up their name tag
  - Place a sticker beside their name for attendance
- Once dressed skaters are asked to walk to the far (Zamboni) end of the Pad 2 to enter the ice.
- At the end of each session, Program Assistants will collect name tags. If a skater leaves before we can collect theirs, please have them place it on the sign-in table on the way out.

### **Helmets & Clothing**

- Skaters are required to wear CSA approved hockey helmets until they have passed Stage 5 CanSkate.
- We also recommend that skaters dress warmly in layers (mittens/gloves, splash pants or snow pants for younger skaters) to stay comfortable on the ice.



[lindsayskatingclub.com](http://lindsayskatingclub.com)



[lindsayskatingclub@gmail.com](mailto:lindsayskatingclub@gmail.com)

P.O. Box 411, Station Main, Lindsay, ON K9V 4S3

---

## **CanSkate Welcome Letter 2025-2026**

### **Important Dates:**

- Our first session of the season begins on October 6th and October 8th, 2025
- Our last session before the holidays is December 15, 2025
- Skating resumes on January 5, 2026 after the holidays
- No skating on October 13 (Thanksgiving) and February 16, 2026 (Family Day)
- Our final session of the season is March 16, 2026
- Ice show practice begins on March 18 or 22, 2026 (date will be confirmed at a later time)
- Tentative ice show date is Saturday April 4, 2026

### **Theme Days:**

- Halloween – October 27<sup>th</sup> and October 29<sup>th</sup>
- Holiday Gala/Family Skate – December 17<sup>th</sup>
- Valentine's Day – February 9<sup>th</sup> and 11<sup>th</sup>

### **Report Cards:**

- December 10 and 15
- March 9 and 11

We will communicate to parents via Email and Facebook/Instagram throughout the season re: important dates, reminders, and updates. If you have any questions please contact us via email at [lindsayskatingclub@gmail.com](mailto:lindsayskatingclub@gmail.com), on Facebook/Instagram, or in person at the rink (prior to or after the session)

Looking forward to a great season!

*Your Lindsay Skating Club Coaches & Executive*