



lindsayskatingclub.com



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Canskate 4-6 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 4-6 Program

This year's Canskate coordinator is coach Emily Jarman. 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

- Sundays 12:00pm – 12:45pm
- Warm-up (on ice), rotation through 3 circuits, group activity, and cool-down

Helmets

- **Skaters are required to wear CSA approved hockey helmets until they have passed Stage 5 Canskate.**

Important Dates:

- Our first session of the season begins on September 14, 2025
- Our last session before the holidays is December 21, 2025
- Skating resumes on January 4, 2026 after the holidays
- No skating on October 12, October 19, December 7, and February 15
- Our final session of the season is March 15, 2026
- Ice show practice begins on March 18 or 22, 2026 (date will be confirmed at a later time)
- Ice show dress rehearsal date is Wednesday April 1, 2026
- Tentative ice show date is Saturday April 4, 2026

Theme Days:

- o Halloween – October 26th
- o Holiday Gala/Family Skate – December 17th
- o Valentine's Day – February 8th

Report Cards:

- o December 14th
- o March 8th

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 or Facebook/Instagram, or in person at the rink (prior to or after the session)

Looking forward to a great season!

Your Lindsay Coaches & Executive