



Gananoque Skating Club (GSC)
Lou Jeffries, Gananoque & T.L.T.I Recreation Centre
600 King St. E, Gananoque, ON K7G 1H3
gananoqueskater@gmail.com

2026-2027 GSC CanSkate Programming INFORMATION

October 6, 2025 - March 10, 2027.

WHAT IS PRE-CANSKATE?

- Pre-CanSkate is designed for beginner skaters ages 3 to 5. During fun, 40-minute sessions, skaters will learn the fundamental skills needed to become confident on the ice, including how to get up safely, maintain balance, glide forward, move backward, and stop. Once these foundational skills have been mastered, skaters will begin working on CanSkate Stages 1 and 2 while continuing to skate with the Pre-CanSkate group, helping them build confidence and prepare for the full CanSkate program.

WHAT IS CANSKATE?

- CanSkate is Skate Canada's dynamic learn-to-skate program that emphasizes fun, participation, and the development of fundamental skating skills. Based on Sport Canada's Long-Term Athlete Development (LTAD) principles, CanSkate focuses on building physical literacy and the essential skating skills needed for participation in any ice sport or for recreational skating. The program is designed for beginner skaters ages 6 and older, as well as children ages 3-5 who have successfully completed CanSkate Stage 2 in the Pre-CanSkate program. Through engaging group instruction, skaters progress at their own pace while developing confidence, balance, control, and agility on the ice.

WHAT IS ADVANCED CANSKATE?

- This program is designed for skaters who have completed CanSkate Stage 3 (or are skating at a similar level) and have shown a strong interest in continuing their skating development. It serves as a bridge between the CanSkate and STARSkate programs, helping skaters build the skills and confidence needed before entering STARSkate after completing all six CanSkate stages. If your child is interested in joining our Advanced CanSkate program, please contact us at gananoqueskate@gmail.com.

WHAT IS FAST TRACK?

- This **invite-only program** is designed for skaters who are interested in figure skating and have passed CanSkate Stage 4 (or are skating at a similar level). As an accelerated pathway into our STARSkate program, it provides talented and dedicated skaters with the opportunity to train multiple days per week through our Advanced CanSkate curriculum, helping them develop the skills needed for a successful transition to figure skating. If you believe your skater meets this criteria, please email our Program Director, Trina Dykstra-MacPherson at tdyks0433@gmail.com.



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WHO'S IT FOR?

- For beginners of all ages, children or adults, as well as for those wishing to improve their basic skills whether their focus is for figure skating, hockey, speed skating or just skating for fun. CanSkate is for beginner skaters and up who are ages 6 and over and/or for skaters aged 3-5 who have passed CanSkate Stage 2.

WHO TEACHES IT?

- National Coaching Certification Program (NCCP) trained professional coaches, assisted by trained program assistants (PA's).

WHAT WILL YOU LEARN?

- A complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating. CanSkate uses nationally-tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster.

WHAT CAN YOU EXPECT?

- Action, movement and fun! Lessons are given in a group format with a coach-to-student ratio of a maximum 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.

WHAT DO YOU NEED TO PARTICIPATE?

- All you need are skates, a CSA-approved helmet, long pants, mittens, warm sweater or jacket. Dress in layers - it will get warm!

ON-ICE CANSKATE SCHEDULE (October 6, 2026 - March 10, 2027)

Day	Time	Structure
Tuesdays (10 sessions in Fall & 10 sessions in Winter)	6:10 - 6:50 pm [40 min]	• Warm-Up • Instruction time in Balance, Agility, and Control • Group Activity • Cool Down
Wednesdays (10 sessions in Fall & 10 sessions in Winter)	5:10 - 5:50 pm [40 min]	• Warm-Up • Instruction time in Balance, Agility, and Control • Group Activity • Cool-Down



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PROGRAMS/FEES (October 6, 2026 - March 10, 2027)

Program	Day/Time	# of Sessions	Cost
Pre-CanSkate	Tuesdays 6:10 - 6:50 pm [40 min] OR Wednesdays 5:10 - 5:50 pm [40 min]	20 sessions (10 in the Fall & 10 in the Winter)	\$650.00
CanSkate	Tuesdays 6:10 - 6:50 pm [40 min] OR Wednesdays 5:10 - 5:50 pm [40 min]	20 sessions (10 in the Fall & 10 in the Winter)	\$650.00
Advanced CanSkate	Tuesdays 6:10 - 6:50 pm [40 min] AND Wednesdays 5:10 - 5:50 pm [40 min]	40 sessions (20 in the Fall & 20 in the Winter)	\$950.00
FAST Track	Fridays 5:10 - 5:50 pm [40 min]	19 sessions (10 in the Fall & 9 in the Winter)	TBD as it is invite only

REGISTRATION

- Registration will be done online at <https://gananoqueskatingclub.uplifterinc.com/>.

CONTACT INFORMATION

If you have any questions, comments, or concerns please reach out to:

- President - Patricia McFarland (gananoqueskate@gmail.com)
- Treasurer - Carrie McNeely (GanSkateFinance@gmail.com)
- Program Director - Trina Dykstra-MacPherson (tdyks0433@gmail.com)