

## Frequently Asked Questions

- 1. My skater is 8 but has no previous experience, can they still register for CanSkate 5+?**
  - a. YES! Only 5 year old skaters MUST have previous learn to skate experience. Skaters 6 and up can have any level of experience.
- 2. Do skaters need to bring their own equipment?**
  - a. Yes! All skaters must have their own skates as well as a CSA Approved Hockey Helmet. We do not provide any skates or helmets. Please read our Skate Buying Guide.
- 3. Should my skater wear hockey skates or figure skates?**
  - a. That's up to you! The most important part is that the skates fit properly and have strong support. If your skater is wanting to go into figure skating it is best to get them into figure skates sooner rather than later.
- 4. What kind of clothes should my skater wear?**
  - a. Warm ones! Warm layers are recommended that allow skaters fully range of body movement. Gloves are highly recommended!
- 5. Is full hockey gear recommended?**
  - a. No, young skaters just learning to skate can be hindered in their movements due to the bulkiness of the hockey gear. If your skater wants to wear knee pads and elbow pads we recommend putting them on UNDER skaters sweaters and pants as the hard plastic can be slippery on the ice.
- 6. How can I best prepare my skater for their first lesson?**
  - a. Have your skater practice standing up and walking around on a carpeted area in their skates to get comfortable walking on a thin blade. Let them know mom and dad will not be on the ice with them but watching and cheering them on from the stands!
- 7. When can my skater enter Junior Academy to start figure skating?**
  - a. Once skaters have passed their Stage 4 badge within the CanSkate program they can register for Junior Academy. Skaters may be invited to Junior Academy by the Director of Skating.
- 8. What is the difference between CanSkate 5+ and CanSkate Youth 9-18yrs?**
  - a. Both classes are set up and teach the same fundamental skills. CanSkate Youth is available for older skaters who may want to learn with other skaters in their own age group.
- 9. My skater is nervous to be on the ice without me, can parents come on the ice with their skater?**
  - a. Unfortunately, no, our classes are not parent and tot classes! All our coaches are Skate Canada Certified coaches ready to handle all levels of skaters. Parents are welcome to watch and cheer from the stands!