



Canskate & PreCanSkate Manual 2026/2027 Season

Welcome to Skate Ponoka Club! We are happy to have your skater join us this season. CanSkate/PreCanSkate is a nationally tested curriculum that focuses on balance, control and agility while empowering skaters to develop essential skills, in a safe and friendly environment. Our CanSkate program is designed for skaters to move through 3 different circuits each class plus a warm up and cool down.

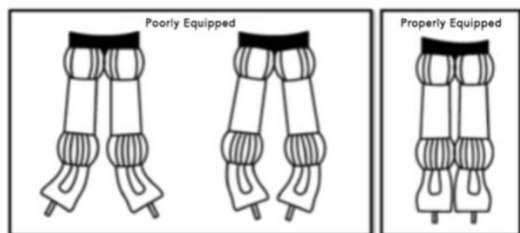
This is a quick guide for proper equipment requirements, what to expect on the first day, volunteer commitments and important dates. If you have any questions, please feel free to reach out!

EQUIPMENT REQUIREMENTS

Skaters who are equipped properly will have more fun and will advance faster.

1. Skates:

- Skates fit comfortably and there is sufficient ankle support
- There is room for toes to wiggle slightly
- Heels do not lift inside the skate more than ¼ inch
- An adult finger can fit in the top of the boot when done up
- Excess laces are tucked or tied up so that they do not hang loose or drag on the ice.
- We do not recommend the “adjustable or expandable” skates or molded plastic skates as they can hinder skater progress. Hockey skates or figure skate options are fine.
- **Skates are sharpened before and periodically during the skating season. Brand new skates also need to be sharpened as they do not come sharpened when purchased.**



(Skate Diagram to show proper skater stance)

2. CSA-Approved Hockey Helmet:

- A CSA-approved hockey helmet **MUST** be worn by all skaters up to and including stage 5 ([please click to see Skate Canada Helmet Policy](#)). This means the helmet **MUST** have the red/blue CSA sticker on it to be valid.
- A cage is recommended for Pre-CanSkate
- *This policy will be strictly enforced, please read carefully to avoid disappointment.*
- **No bike helmets are permitted and skaters will not be permitted on the ice.**

3. Clothing:

- **Skaters should dress warm layers for our sessions;** items such as long drawstrings, scarves, dangling coat belts, etc. can be a hazard on the ice and should be removed or avoided.
- **Warm mittens or gloves are mandatory** and children will not be allowed to skate without them.

EQUIPMENT CARE

- To protect the skate blades, skate guards should be worn in any area that is not protected by rubber mats.
- At the end of every session the blades should be wiped with a dry cloth to prevent rusting.
- Skate sharpening should be done periodically depending on usage and care. The bottom pick on figure skates should not be removed – the pick is part of the design and is essential to proper balance. **Make sure the skates are sharp.** New skates also need to be sharpened.

Skate Canada Equipment Guidelines found at this link: [EQUIPMENT GUIDELINES](#)



WHAT HAPPENS ON THE FIRST DAY?

- Arrive at least 15 minutes prior to the ice time.
- Find the registration table in the lobby to turn in your volunteer bond cheque. Skaters will not be permitted on the ice until this is received.
- Check the monitor in the lobby for the dressing room assigned to Skate Ponoka. Please do not change in rooms not assigned to Skate Ponoka as other clubs/user groups may have those dressing rooms assigned to them.
- Collect your skaters name tag and attach it to their jacket. Note: The coaches will keep nametags at the end of each class to take attendance. Name tags will typically be found along the arena boards by the entrance to the ice surface.
- With your skater fully dressed with skates and guards on to protect skates, wait at the side of the ice surface. The coaches will invite the kids on the ice when they are ready.
- Pre-CanSkate skaters and a parent will have a quick meeting with Coach Lois before proceeding onto the ice. This will likely happen in the Dressing Room. Pre-CanSkate Session #1 and Session #2 will have separate meetings at the start of their session.
- **Note:** The first couple of classes are when skaters are grouped and it is normal for skaters to be a bit confused or the session to look hectic. There will be some switching of groups and adjustments to ensure all skaters are in appropriate groups and skill levels for the first few classes. Coaches may move skaters to different groups throughout the program based on how they progress. The kids will also be learning how our circuits operate. There will be a warm up skate, 3 circuits and then a cool down skate.
- **Parents must remain available to their skater throughout the session.** If your skater needs to come off the ice to use the bathroom, coaches/PA's will meet a parent at the gate. If you do have to leave the arena, please ensure another parent will be responsible for your child during this time.
- Under no circumstances are parents allowed on the ice surface, if you would like to have your child come off the ice for any reason, please flag down a coach or program assistant. Parents are also not permitted to watch from the team player boxes for insurance reasons. Please watch from the stands or through the glass on the outside of the boards.

CARNIVAL

Carnival is our big year end show. The dress rehearsal will be on March 12, 2027 and the Carnival is held on March 13, 2027. Please let us know if your skater will not be participating and we will not prepare a costume for them. Skaters work hard on their programs and it is such a joy to watch them show off their skating skills they learned during the year. A practice schedule will come out in Jan/Feb. This schedule will be followed from February 22, 2027 up until the Carnival and will replace the regular CanSkate/PreCanSkate Schedule.

VOLUNTEER COMMITMENT

Each Skate Ponoka family (PreCanSkate, Canskate, StarSkate or Synchro) is required to complete the following volunteer commitment during the skating season.

- One (1) Carnival/ Ice Show Volunteer Shift
- One (1) Club Bottle Drive (October 24, 2026 and February 6, 2027)
- Complete three (3) additional volunteer hours at club events, activities or on club committee's (fundraising, carnival prep)

Families who are unable to fulfill the volunteer commitment may select the Volunteer Buy-Out option during registration for \$250.00.

Volunteer opportunities are assigned on a first-come, first-served basis. Families are responsible for signing up for volunteer opportunities throughout the season. Unfilled volunteer commitments may result in the volunteer buy-out fee being charged at the end of the season.

**Volunteer opportunities will be communicated to families when available.

Volunteer Bond Cheques of \$250 must be dropped off the first day of skating lessons. Skaters will not be allowed on the ice until this has been received. This cheque will be shredded once your families volunteer requirements are completed. Cheques will be cashed March 15, 2027 if volunteer requirements are not fulfilled. Please date cheques for March 1, 2027.

*If you do not have cheques, we will accept e-transfers (treasurer.skateponoka@gmail.com) for this amount. Please include your skaters name in the memo. The funds will be returned at the end of the season when we confirm your families volunteer commitment has been fulfilled.

Volunteer Commitments for PreCanSkate and Canskate are tracked and recorded by the CanSkate Director.



CanSkate & PreCanSkate Important Dates 2026/2027 Season

October

Oct. 19: First Day of Skating
Oct. 24: Bottle Drive #1
Oct. 28: Halloween Dress
up day

November

Nov. 11: No Skating
Nov. 23: Team/Sport Jersey
Day

December

Dec. 14: Pajama Day
Dec. 16: Family Skate

No skating Dec. 21-Dec. 30

January

Jan. 4: Skating resumes

February

Feb. 6: Bottle Drive #2
Feb. 15: No Skating
Feb. 17: No Skating
Feb. 22 & 24: Carnival
Practice schedule (Schedule
TBA)

March

Mar. 1,3,8 & 10: Carnival
Practice Schedule.
(Schedule TBA)
Mar. 12: Carnival Dress
Rehearsal
Mar. 13: Carnival Day