

WELCOME TO CANSKATE



Inspiring Excellence on the Ice



ABOUT OUR CLUB



We are a local not-for-profit Skate Canada sanctioned organization that has been committed to teaching people how to skate for over 50 years.

Our professional coaches are dedicated to creating a safe, inclusive learning environment that enables our skaters to have fun and accomplish their goals

Our Mission

Our mission is to offer EVERYONE that is interested in learning or looking to improve their skating skills a program that will provide fun, fitness and achievements. Our programs will promote and foster a skater's development in a fun, safe and positive environment!

Founded in 1967

Serving the Ajax community with skating programs ranging from Pre-CanSkate through competitive levels.



370+

Active Members

OUR COACHES



Sherri Desroches
Pre-Star/StarSkate Director
CanSkate On-Ice Director



Beverley Knight
CanSkate Off-Ice Director



Alex Desroches



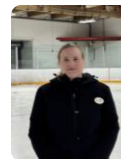
Hannah Davis



Jeff Fish



Jordyn Lehman



Kaitlynn Purdie



Krishaana Rames



Meghann McPhee-Campbell



Mia Blanchet



Mitzi Badlis



Natasha Lacharity



Nicole Brittain



Nylah De Cesare



Paige Mouawad



Sara Lupsasca

LEARN TO SKATE PROGRAMS



Skate Canada



PRE-CANSKATE

A beginner program for children aged 3 and 4 years old



CANSKATE

A 6-stage program for beginner and experienced children (ages 5+)



PRE-STAR

A program for skaters working through CanSkate Stages 4-6



ADULT/TEEN SKATE

A beginner program for those 12 years of age and older



HOCKEY/RINGETTE SKILLS

A program that focuses on specific skating skills for hockey and ringette



STARSKATE

A figure skating program for those who have completed CanSkate "Learn to Train"

CANSKATE STAGES



The CanSkate program is divided into 6 stages and 3 learning categories: Balance, Control, and Agility.

- Balance: forward skating skills
- Control: backward skating skills and stops
- Agility: jumps and turns

At any given stage, whenever a skater completes the requirements for Balance, Control, or Agility, they will receive a corresponding ribbon. Completing all three categories at that stage will earn a badge.



LET'S TALK SKATES



What to Look for

- Skating equipment (new and used) can be found at most sporting goods stores or at specialty stores like [Figure Skating Boutique](#).
- We also have some (limited) second-hand figure skates available to purchase in our office at the arena.
- **Before buying, check for a comfortable fit, firm ankle support, and good-quality materials**

The Big Ideas

- **Leather boots are better than plastic skates** because they'll provide the skater with more support and mobility and they'll better mould to the foot
- **Laces are better than click-in straps** because they allow skates to be tied tighter, which provides better fit and support to the foot, especially around the ankle
- **Poorly-fitted and poorly-made skates will make skating more difficult and less safe**

A large red ribbon banner with a black outline, featuring a central rectangular box with rounded corners and two cylindrical shapes at the bottom, giving it a 3D appearance.

**Successful skating starts with
good equipment!**

LET'S TALK SKATES: Great Options

Here are a couple of standard hockey and figure skates, from Bauer and Jackson.
Either of these would make for great



LET'S TALK SKATES: Not Great Options



LET'S TALK SKATES: Not Great Options



LET'S TALK SKATES: Maintenance



- After every session, use a towel to wipe snow off the blades and prevent rusting
 - Ensure that skates are fully dried before packing them away
- Skates should be sharpened at the beginning of the season and every 2-3 months after that
 - If there is rust on the bottom of the blade, have the skate sharpened to remove it
- Protect skates by using skate guards
 - Hard guards for unpadded surfaces, such as concrete and tile
 - Soft guards with towel-like linings for after sessions and safe bag storage
 - Note: hard guards should not be kept on skates while they are wet, as this can lead to rusting

Skate Sharpening Locations

Gord Willemse. A professional figure skating sharpener.
South Ajax - 647-297-7447

Blades Custom Skate Care
135 Brock Street South,
Whitby - 905-430-7717

Iroquois Park Sport Centre
500 Victoria St W
Whitby - 905-668-7765

Hockey Life - Whitby
905-665-5145

Procut - Oshawa
905-429-2088

Hockey Life & Procut are more for hockey skates but if you do take figure skates there please make sure to tell them that skates are for figure skating and not public skating **(toe picks must remain in full).**



We sell items such as skate guards, blade covers, gloves, laces, tights & socks during select hours from our office at the arena.

Club clothing (sweaters, shirts and coats) can also be ordered from our [Pro-Shop](#) online.



LET'S TALK SKATES: Fitting & Tying

- Skates need to fit well and provide support and stability to the ankles
- A good fit should allow for some movement for the toes and only one finger of space behind the heel.
- Tug hard at the laces to tie skates tightly around the foot, with a particular emphasis on a snug fit around the ankle
- Skaters should feel comfortable and be able to bend their knees over their toes in their skates

CHECK OUT THIS VIDEO

(play from 1:02-6:40)

<https://www.youtube.com/watch?v=zazpYjvXtag&t=62s>



LET'S TALK HELMETS

- **All skaters are required to wear a CSA approved hockey helmet**
- Be sure that your helmet has not expired – yes helmets have an expiry date
- Helmets should fit snug with minimal forehead showing
- Both the strap and helmet should be adjustable
- The strap should be done up properly with a maximum of one finger space between the strap and chin
- Hair should be pulled back and out of the way, but not in a ponytail as that interferes with the proper fit



Image from Skate Canada official website

LET'S TALK CLOTHING

Wear warm and comfortable clothing that isn't restrictive or bulky.

Think layers; warm sweaters and jackets. Trackpants and waterproof pants. *Jeans are not recommended.*

Nothing should be hanging or too long, such as scarves and long pants.

MITTENS



Wear warm mittens or gloves and avoid fuzzy fabrics as they stick to the ice.

NO hockey gloves please!



HATS AND SOCKS



Do **NOT** wear a hat under your helmet.
Wear tights/leotards or long socks that come above the skate.



OTHER ITEMS



Knee pads and shin pads are **NOT** recommended



WHAT TO EXPECT ON THE FIRST DAY



ARRIVE 20-30 MINS EARLY TO ALLOW ENOUGH TIME TO GET READY AND FIND YOUR WAY AROUND

- Our rink for Fall and Winter session is **Pad #2**
- **Change Rooms** are labelled but double-check through the monitor in the lobby to ensure you enter the right room. *Please use to get ready instead of the hallway or main lobby*
- **Name Tags** can be found on the table in the hallway outside the rink, they show your child's name and a coloured dot indicating their group. **Clip to your child's jacket BEFORE they go on the ice.**
- All skaters will enter the ice through the Pad #2 doors in the hallway
- Pre-Can Skaters will have a 5-10min off-ice warm up outside the rink prior to their lesson time.
- Please do not carry your skater to the ice surface. We want them to walk independently. *This is especially important for our Pre-Can skaters*
- Please do not send your child on to the ice with a water bottle/drink
- Once all skaters are on the ice, the doors will be closed for safety purposes

PARENTS

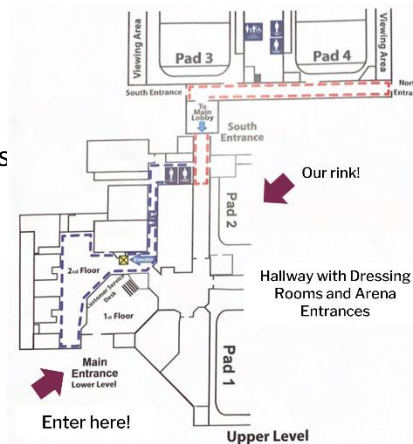
Stay involved in the learning process. Be present and attentive, your skaters look to you for support!

PLEASE DO NOT LEAVE THE ARENA

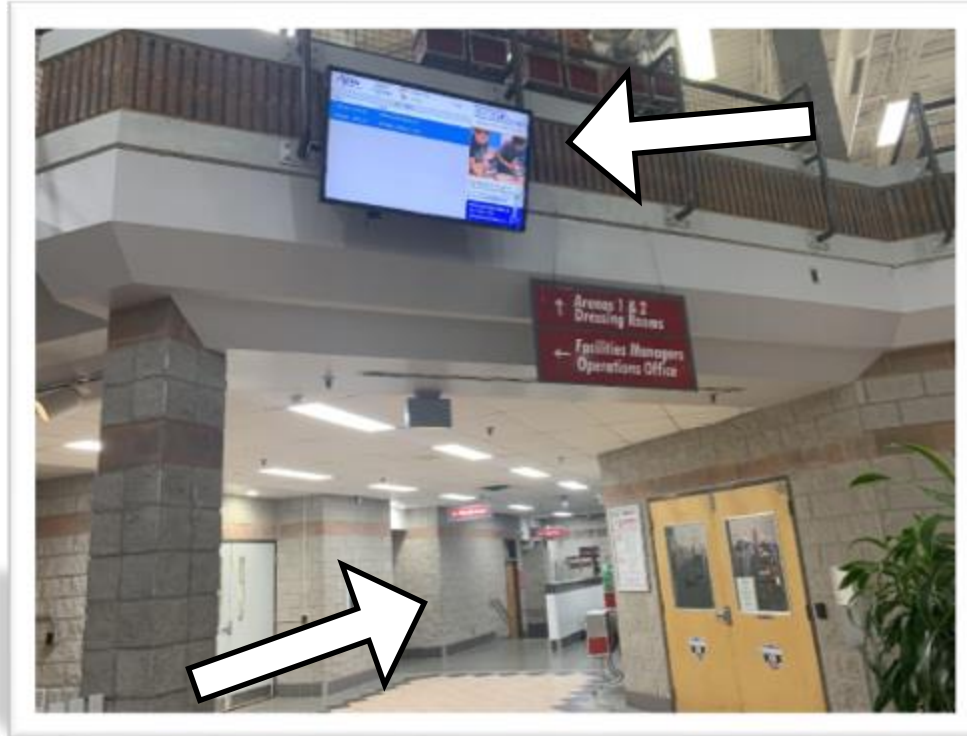
In the event that you are needed, we have no way to find or get in touch with you if you leave the building.

During the session we ask that you remain present and attentive, coaching staff are unable to take your child to the washroom, so you may be signaled to take them yourself.

SKATERS
Have fun and be kind.
You're here to learn to skate
and join a wonderful
community, enjoy it!



THE MAIN LOBBY

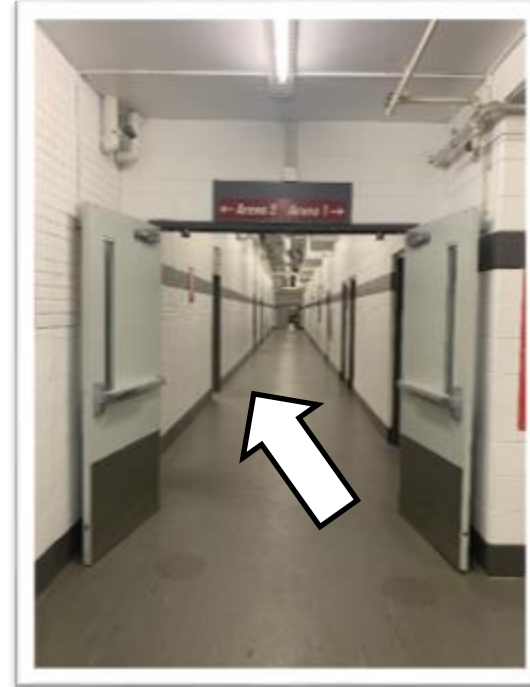
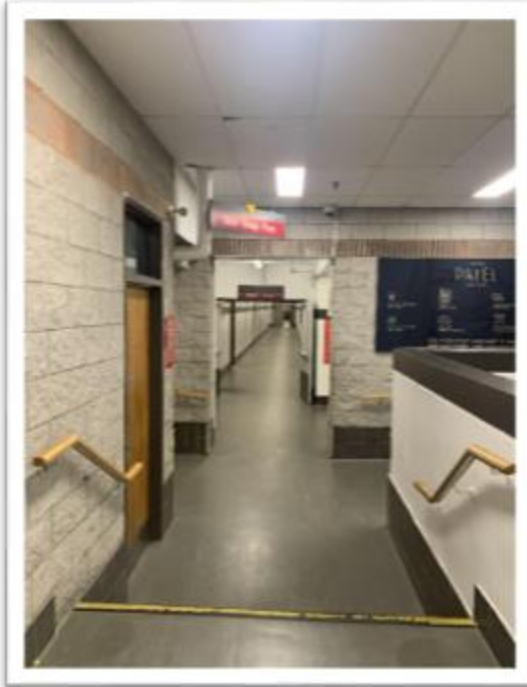


Head this way to reach the dressing rooms, and *don't forget to use the washroom before the session starts!*

Check out this monitor for dressing room assignments!

Skaters are encouraged to change and tie skates in the designated change room and **NOT** in the lobby area.

PAD 2 HALLWAY



Our rooms are normally on the left side, but always check for signs on the doors!

ARENA ENTRANCE



PAD 2 DOORS, NAME TAG TABLE AND OUR NOTICEBOARD



Your nametags will be on a table outside the rink entrance.



Check out our noticeboard for important information about our programs and events

CONTACT US



Email

office@ajaxskatingclub.ca

We are a volunteer-run organization,
please allow 24-48 hours for a response.



Call

(905) 683-1753

This phone is not monitored regularly. The
best means of communication is via email.



Visit

Ajax Community Centre
75 Centennial Rd,
Ajax, Ontario. L1S 4S4

OUR BOARD

Debbie Pazilli, President
Jody Brisson, Treasurer
Kathleen Carew, Secretary
Lucinda Gallacher, Director

www.ajaxskatingclub.ca

