



## **We're excited to team up with the U5 Orangeville Minor Hockey teams to offer a 4-week Learn-To-Skate Program**

For over 55 years, Skate Canada Orangeville has offered learn-to-skate programs in the Orangeville community. This season, we are excited to be able to offer one of Canada's best learn-to-skate programs in partnership with Orangeville Minor Hockey.

The CanSkate program is designed for beginners of all ages and focuses on all the basic skills required for hockey, ringette, speed skating and figure skating. The CanSkate program showcases a series of balance, control and agility skills, using a nationally-tested and proven curriculum based on Sport Canada's long term athlete development (LTAD) principles that supports skater success in developing strong basic skills on the ice.

Our coaches are Skate Canada Certified coaches and are trained by the National Certification Program (NCCP) trained in teaching the mechanics and proper technique for skating. Lessons will be 30 minutes in length and are taught in a circuit format.

Some of the skills we will be working on include, falling down and getting up, balancing on 1 foot and 2 feet, turning, jumping, making snow, stopping, moving forwards and backwards

Visit our website:

**[www.skatecanadaorangeville.ca](http://www.skatecanadaorangeville.ca)** for further program information

More details will become available closer to the start of the season

