Skate Canada
Patinage Canada

THUNDER BAY
SKATING ACADEMY

PowerSkate

WELCOME TO HOCKEY FUNDAMENTALS
SPRING 2026

Dear Parents and Skaters,

The Thunder Bay Skating Academy is excited to welcome all of our new and returning members to our **HOCKEY FUNDAMENTALS** Program. We are proud to offer you this program taught by CanPowerSkate coaches trained under Skate Canada's CanPowerSkate Program. **Advanced Hockey Fundamentals (U11/U13) from 9:10am-10:00am; Intermediate Hockey Fundamentals (U9) from 10:00am-10:50am; Beginner Hockey Fundamentals Session 1 (U7- Ages 6&7) from 11:00am-11:45am** & **Beginner Hockey Fundamentals Session 2 (U7 - Ages 5&6) from 11:45am-12:30pm.** We are excited to spend the next **6 Saturday sessions** (April 25th at FW Gardens; May 9th, 16th, 23rd, June 6th & June 13th at Port Arthur Arena - there is **no skating** May 2nd & 30th) with you for what we expect to be a very exciting and eventful season.

What can you expect from a typical session?
1) On your first day of skating please enter the rink and **follow the posted signs** to make your way to the changerooms to get your skater ready to go with skates & helmets on. Once ready to go with your skates & helmets on make your way to our hanging name tag boards which will contain your skater's **name tag.**

2) On-ice delivery: once skaters enter the ice surface, we will begin with a 6 minute warm up, we will then work through the specific circuits & skills for that week.

3) The sessions will focus on continuous movement emphasizing the use of newer and more dynamic group teaching concepts. If you were in our CanSkate program last season, this is a continuation of what your skaters did last year, focusing more on developing strong edges, increased power and agility to further develop the skaters interested in pursuing hockey.

What do I need to bring?
When preparing for the first session, it is a good idea to wear some warm pants and a jacket on the ice along with hockey gloves OR if desired skaters may wear their full hockey equipment (most skaters choose this option). **Use of sticks is strongly encouraged, but not mandatory**.

Please be aware that we do require that all skaters have on a **CSA approved hockey helmet**. Helmet Policy: As per our governing body "Skate Canada" all skaters must wear a CSA approved hockey helmet at all times while on the ice surface.

Schedule
We have attached a complete ice schedule for your skater's session. These will also be posted on our website if you misplace this initial copy. This schedule will include any dates where the ice was not available, time changes and all other necessary information.

Where Can I Get More Information?
Be sure to stay tuned to your emails for news and events. Also our website and social media pages are always full of information about upcoming events, time-changes and fundraising initiatives, check us out at **thunderbayskating.com**, Like us on Facebook, Follow us on Instagram!

If you have any questions or concerns please don't hesitate to contact us at thunderbayskatingacademy@gmail.com .

Thank you for your interest in our "Hockey Fundamentals" program, part of CanPowerskate/Canskate - Canada's premier power skating/learn-to-skate program. The Thunder Bay Skating Academy is excited to have you aboard this season!

Yours in skating, *Thunder Bay Skating Academy*

thunderbayskatingacademy@gmail.com (807) 622-7SK8 (7758)