Sioux Lookout Skating Club

About the CanSkate Program

CanSkate is Skate Canada's official learn-to-skate program designed to teach and develop the skills and elements of skating for all ice sports. There is an emphasis on quality technique and skill development to ensure that skaters leave the program with solid foundational skills. CanSkate is a nationally recognized program available to skaters of all ages and skating abilities. For more information about CanSkate, visit Skate Canada's CanSkate Webpage here.

There are three Fundamental areas that the program focuses on. They are: Balance, Agility, and Control (the ABCs of skating). The elements taught throughout the CanSkate program include forward and backward skating, stopping, turning, jumping, as well as the development of speed, flexibility, and power. There are 6 Stages in the CanSkate program. Each stage is built on the three Fundamentals. Once a skater has progressed through these Stages, they will be well-equipped with skills and elements to enter the ice sport of their choice.

The Sioux Lookout Skating Club has a fantastic team of Coaches and Program Assistants ready to help your skaters embrace the joy of skating. Our team of volunteer

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CanSkate
PatinagePlus

Sioux Lookout Skating Club
CanSkate Information Handbook
2026-27

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Offering Skate Canada programming taught by NCCP Certified Coaches, the Sioux Lookout Skating club has been a part of the community for over 50 years. Throughout the years, the Sioux Lookout Skating Club has been affiliated with Skate Canada. According to the official Skate Canada website, Skate Canada is the oldest and largest figure skating organization in the world who proudly governs the sport of figure skating in Canada. A member of the International Skating Union (ISU) and Canadian Olympic Committee (COC), Skate Canada oversees the rules and standards of figure skating in Canada while promoting the growth and development of our sport. For more information about Skate Canada, please visit their Who We Are webpage.

In recent years, SLSC has been a part of Skate Ontario's Club Modernization Program. This program has allowed the club to develop operating strategies, programming, and athlete development that aligns with the provincial standards set by Skate Ontario.

As an incorporated not-for-profit organization, club administration and operations, with the exception of nationally certified professional coaches, are carried out by parent volunteers and overseen by a Board of Directors composed of volunteers.

It is a result of these volunteer contributions, combined by the dedicated work of our coaching team, that create a rewarding and fun experience for our skaters and allow our skaters to achieve their personal bests.

Club Vision

To provide a safe, healthy and fun environment for individuals to learn and develop skating skills.

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Club Mission

Our Club aims to deliver fun, challenging and affordable skating programs throughout the year in an environment that values personal best, leadership, community and recognition of skater accomplishments.

Club Policies

The full list of policies, as well as links to each policy can be accessed on the Sioux Lookout Skating Club's website (powered by Uplifter). Access to this webpage is available at this link.

Sioux Lookout Skating Club Coaches	
Aubrey Bates	Club & Regional Trained Coach
Emma Bates	Club & Regional Coach In-Training
Kayleigh Bates (Outgoing)	Certified Club Coach & Regional Trained Coach
Ruth Broderick	Club & Regional Coach In-Training
Michelle Quedent	Club & Regional Coach In-Training

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Laine Helbling	Club & CanSkate Coach In-Training

Sioux Lookout Skating Club Board of Directors 2026-27		
Club President & Chair	**Kim Savoie**	siouxlookoutfscpresident@gmail.com
Vice President	**Rebecca Bates**	siouxlookoutfscvicepresident@gmail.com
Treasurer	**Nicole Rogers**	siouxlookoutfsctreasurer@gmail.com
Secretary	**Manuela Michelizzi**	siouxlookoutfscsecretary@gmail.com
Club Liaison	**Andrea Cospito**	siouxlookoutfscclubliaison@gmail.com
Fundraising Chair	**Melissa Slade**	siouxlookoutfscfundraising@gmail.com
Director of Skating Programs (Outgoing)	**Kayleigh Bates**	siouxlookoutfscdirector@gmail.com
Skate Session Coordinator	**Marlena Pruys**	siouxlookoutfscskatesession@gmail.com
Registrar	**Andrea Cospito**	siouxlookoutfscregistrar@gmail.com
Board Member	**Bryan Neufeld**	siouxlookoutfscboardmember@gmail.com

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Sioux Lookout Skating Club Contact Information	
Club Email	siouxlookoutfsc@gmail.com
Website	www.siouxlookoutskatingclub.uplifter.com
Facebook Page	www.facebook.com/thesiouxlookoutskatingclub