

Choosing Skates 101

Hockey or Figure Skates?

CanSkate:

Skaters may use either hockey or figure skates. Please avoid plastic skates and adjustable skates, as they do not provide the support and fit needed to effectively learn skating.

- If you think your skater would like to figure skate or wear figure skates in the future, it is best to start with them so they don't have to "re-learn" later when they change skates. Figure Skates also provide a better fit and more ankle support which are beneficial when learning to skate.
*****It is a myth that removing the bottom toe pick will help when learning, please leave toe-picks on figure skates.***
- Hockey skates are fine if you think your skater will pursue hockey or will prefer to wear hockey skates. Hockey skates are harder to tighten and provide less ankle support so you will need to ensure you are able to tie them tightly and securely to the skaters' foot. (You may want to invest in tape to secure the ankle section completely)

Advanced CanSkate:

While both hockey and figure skates are welcome on the Advanced CanSkate session, skaters intending to pursue figure skating should make the transition to figure skates if they haven't already. Figure Skates and a proper toe pick will be helpful to achieve some of the skills on the Stage 5 & 6 levels of CanSkate.

CanPowerSkate:

Hockey Skates are required for CanPowerSkate.

Other Considerations:

Fit:

Skates should be carefully fitted to the skater. Choose a skate with adequate width for the skater's foot but no more than ½ size "to grow" in length. Too much space will make it difficult for the skater to control the blade and balance, and will not provide the same level of support to the skater's ankle.

Used Skates:

Used skates are acceptable for the beginning levels of skating. Make sure to check that the blade is in good condition - do not purchase skates where there is visible rust crusted up the sides of the blades, visible pits, or damage to the metal itself. There may be small amounts of rust on the bottom of the blade which will be fixed with sharpening. Also, make sure that the skate will provide adequate ankle support. If there are large creases at the ankles or they can be easily bent with your hands, they will not provide sufficient ankle support.

We all want your child to enjoy their skating experience. Investing in quality skates will give your child the best chance to learn, enjoy and excel!!!