Cara LaBute is a Professional Skating Instructor and has been teaching skating for over 25+ years. She started skating at the age of 6 with the Credit Valley Skating Club which is now known as the Mississauga Skating Club. She was a competitive figure skater with the Toronto Cricket Skating and Curling Club, completing her Gold levels in figures and free skate. Cara is a Certified level 1 instructor with the CFSA, which is now known as Skate Canada, as well as an NCCP level 1 instructor. Cara has also been teaching pre-school, junior, intermediate and adult skating skills with the City of Mississauga for over 15 years.

Cara has been teaching for 10 seasons with Mississauga Ringette LTS/ FUN program. She has also been s working with our house league and rep teams developing power skating skills.

Cara has her First aid, as well as her High Five Certification. High Five is a Canadian quality standards for children’s recreation sport, wellbeing and healthy development for ages 6-12. Cara has also completed Competency Based Educational Training with GTHL Canada, ass well as other city courses such as  
Respectful Work Place Training, Bullying etc.