



<p>CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Sport Canada's long term athlete development (LTAD) principals, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.</p>		<p>CanPower is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations.</p>		
	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
	ICE SPORTS NORTH SHORE	ICE SPORTS NORTH SHORE	KAREN MAGNUSSEN ARENA	AGRODOME, PNE GROUNDS
2:45				CANSKATE 2:45 - 3:30 PM
3:00				
3:15				
3:30				CANPOWER 3:30 - 4:15 PM
3:45		CANSKATE 3:45 - 4:30 PM		
4:00			CANSKATE 4:00 - 4:45 PM	
4:15	CANSKATE 4:15 - 5:00 PM			CANPOWER 4:15 - 5:00 PM
4:30		CANPOWER 4:30 - 5:15 PM		
5:00				
5:15				

IMPORTANT NOTES Fall Term Sep 13 - Dec 20, 2017 (see program registration for specific start and end dates)

NOV 11 - Remembrance Day SATURDAY YES there is skating this day - Holiday is on MONDAY November 13

SKATE & HELMET RENTAL IS NOT AVAILABLE AT Karen Magnussen Arena or the Agrodome, PNE Grounds.

Please bring your own skates and certified helmet.

Upon completion of Stage 6, Skaters will enter the Star 1 Figure Skating Program.