



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.

CanPowerSkate 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.

	MONDAY	WEDNESDAY
	ICE SPORTS NORTH SHORE RINK 1	ICE SPORTS NORTH SHORE RINK 1
3:00		
3:15		
3:30		
3:45		
4:00		
4:15		CANPOWER 4:15 - 5:00 PM
4:30		
4:45	CANPOWER 4:45 - 5:30 PM	
5:00		CANSKATE 5:00 - 5:45 PM
5:15		
5:30	CANSKATE 5:30 - 6:15 PM	
5:45		
6:00		

SPRING Term March 27 - May 31, 2017 (see program registration for specific start and end dates)

IMPORTANT DATES

MONDAY, APRIL 17 - EASTER MONDAY	NO SKATING
MONDAY, MAY 23 - VICTORIA DAY	NO SKATING

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