



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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00	ICE SPORTS NORTH SHORE Rink 3	ICE SPORTS NORTH SHORE Rink 3	ICE SPORTS NORTH SHORE Rink 3	ICE SPORTS NORTH SHORE Rink 3	ICE SPORTS NORTH SHORE Rink 3
5:15	CANSKATE 5:00PM - 5:45PM	CANSKATE 5:00PM - 5:45PM	CANSKATE 5:00PM - 5:45PM	CANSKATE 5:00PM - 5:45PM	CANSKATE 5:00PM - 6:00PM 15 minutes BONUS End of Week GAMES
5:30					
5:45					
6:00					

IMPORTANT NOTES SUMMER Weekly Program is offered July 3 through July 20. (see program registration for specific start and end dates)

NOTE - There is NO SKATING July 2 - Holiday in lieu of Canada Day on Sunday July 1

SKATE & HELMET RENTAL IS AVAILABLE

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