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|---|---|--|---|--|
| <p><b>CanSkate</b> 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><b>CanPower</b> 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<br>Sep 12 - Dec 19, 2018 | ICE SPORTS NORTH SHORE<br>Sep 28 - Dec 21, 2018  | KAREN MAGNUSSEN ARENA<br>Sep 15 - Dec 8, 2018 | AGRODOME, PNE GROUNDS<br>Sep 30 - Dec 16, 2018 |
| 2:15  |   |  |   | CANSKATE<br>2:15 - 3:00 PM                     |
| 2:30  |   |  |   |  |
| 2:45  |   |  |   |  |
| 3:00  |   |  |   |  |
| 3:15  |   |  | CANSKATE & PRE-CANPOWER<br>3:15PM - 4:00PM    |  |
| 3:30  |   |  |   |  |
| 3:45  |   | CANSKATE<br>3:45 - 4:30 PM   |   |  |
| 4:00  |   |  | CANSKATE<br>4:00 - 4:45 PM                    |  |
| 4:15  | CANSKATE<br>4:15 - 5:00 PM                      |  |   |  |
| 4:30  |   | CANPOWER<br>4:30 - 5:15 PM   |   |  |
| 4:45  |   |  |   | CANPOWER<br>4:45 - 5:30 PM                     |
| 5:00  |   |  |   |  |
| 5:15  |   |  |   |  |
| 5:30  |   |  |   | CANPOWER<br>5:30 - 6:15 PM                     |
| 5:45  |   |  |   |  |
| 6:00  |   |  |   |  |
| 6:15  |   |  |   |  |

**IMPORTANT NOTES** Winter Term Jan 9 - Mar 15, 2019 (see program registration for specific start and end dates)

**SKATE & HELMET RENTAL IS NOT AVAILABLE AT the Agrodome, PNE Grounds.**

**SKATE & HELMET RENTAL is AVAILABLE AT Karen Magnussen Arena & Ice Sports North Shore**

**Please bring your own skates and certified CSA helmet.**

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