

**Summer 2019 - Schedule - Weekly 4 Day CanSkate Program**



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
5:00	ICE SPORTS NORTH SHORE <b>Rink 3</b>	ICE SPORTS NORTH SHORE <b>Rink 3</b>	ICE SPORTS NORTH SHORE <b>Rink 3</b>	ICE SPORTS NORTH SHORE <b>Rink 3</b>
5:15	CANSKATE <b>5:00PM - 5:45PM</b>	CANSKATE <b>5:00PM - 5:45PM</b>	CANSKATE <b>5:00PM - 5:45PM</b>	CANSKATE <b>5:00PM - 5:45PM</b>
5:30				
5:45				

**IMPORTANT NOTES** SUMMER Weekly Program is offered July 8 through August 1. (see program registration for specific start and end dates)

**SKATE & HELMET RENTAL IS AVAILABLE - not included in program fees (Please note only CSA approved helmets are accepted)**

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