

VSC Spring Term - April 2 - June 8, 2018

Facility - Ice Sports North Shore - 2411 Mount Seymour Parkway, North Vancouver, BC

VSC Phone Contact - 604.924.1134



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

SPRING Term April 1 - June 7, 2019 (see program registration for specific start and end dates)

IMPORTANT DATES

| | |
|----------------------------------|-----------------------------|
| MONDAY, APRIL 22 - EASTER MONDAY | NO SKATING on EASTER MONDAY |
| MONDAY, MAY 21 - VICTORIA DAY | NO SKATING |

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