



<p>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.</p>		<p>CanPower 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 Jan 9 - Mar 13, 2019	ICE SPORTS NORTH SHORE Jan 11 - Mar 15, 2019	KAREN MAGNUSSEN ARENA Jan 12 - Mar 9, 2019	AGRODOME, PNE GROUNDS Jan 13 - Mar 3, 2019
2:15				CANSKATE 2:15 - 3:00 PM
2:30				
2:45				
3:00				
3:15			CANSKATE & PRE-CANPOWER 3:15PM - 4:00PM	
3:30				
3:45		CANSKATE 3:45 - 4:30 PM		
4:00			CANSKATE 4:00 - 4:45 PM	
4:15	CANSKATE 4:15 - 5:00 PM			
4:30		CANPOWER 4:30 - 5:15 PM		
4:45				CANPOWER 4:45 - 5:30 PM
5:00				
5:15				
5:30				CANPOWER 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.