VSC FALL Term - September 11 - December 17, 2021
Facilities - Ice Sports North Shore Karen Magnussen Arena Agrodome (DOME)
VSC Phone Contact - 604.924.1134

VSC Vancouver Skating Club

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) principles, CanSkate centeres on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

Power Skating 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 emhasizes how the skills appliy to game situations.

	MONDAY	WEDNESDAY	FRIDAY	SATURDAY	TO BE ADVISED
	Ice Sports North Shore (ISNS) 2411 Mount Seymour Parkway	Ice Sports North Shore (ISNS) 2411 Mount Seymour Parkway	Ice Sports North Shore (ISNS) 2411 Mount Seymour Parkway	**KAREN MAGNUSSEN ARENA** **2300 Kirkstone Road, North Vancouver**	**AGRODOME (DOME)** **2901 East Hastings Street, Vancovuer**
	SEPTEMBER 13 - DECEMBER 13, 2021	**SEPTEMBER 15 - DECEMBER 15, 2021**	**SEPTEMBER 17 - DECEMBER 17, 2021**	**SEPTEMBER 11 - DECEMBER 11, 2021**	
3:00					TO BE ADVISED
3:15				CANSKATE **3:15 - 4:00 PM**	
3:30					
3:45					
4:00				CANSKATE **4:00 - 4:45 PM**	
4:15					
4:30			POWER SKATING - CANLAN ISNS **4:30 - 5:20PM**		
4:45					
5:00					
5:15	CANSKATE - CANLAN ISNS **5:15PM - 6:00PM**	CANSKATE - CANLAN ISNS **5:15PM - 6:00PM**			
5:30					
5:45					
6:00					

This is a tentative schedule for your planning purposes - Online Registration to be advised