



**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 centers 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 emphasizes how the skills apply to game situations.

	MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
	CANLAN Sports 2411 Mount Seymour Parkway January 3 - March 7, 2022	CANLAN Sports 2411 Mount Seymour Parkway January 5 - March 9, 2022	CANLAN Sports 2411 Mount Seymour Parkway January 7 - March 11, 2022	KAREN MAGNUSSEN ARENA (KM) 2300 Kirkstone Road, North Vancouver January 8 - March 5, 2022	AGRODOME (DOME) 2901 East Hastings Street, Vancouver January 9 - March 6, 2022
12:00					
12:15					
12:30					
12:45					
1:00					
1:15					
1:30					CANSKATE - DOME 1:15 - 2:00 PM
1:45					
2:00					POWER SKATING - DOME 2:00PM - 2:45PM
2:15					
2:30					
2:45					
3:00					
3:15					
3:30				CANSKATE - KM 3:30 - 4:15 PM	
3:45					
4:00				CANSKATE - KM 4:15 - 5:00 PM	
4:15					
4:30			POWER SKATING Canlan Sports 4:30 - 5:20PM		
4:45					
5:00					
5:15	CANSKATE - CANLAN Sports 5:15PM - 6:00PM	CANSKATE - CANLAN Sports 5:15PM - 6:00PM			
5:30					
5:45					
6:00					

**IMPORTANT DATES:**  
 February 21, 2022 - FAMILY DAY - NO SKATING this MONDAY