



**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	FRIDAY	SATURDAY	SUNDAY
	CANLAN Sports 2411 Mount Seymour Parkway Sep 12 - Dec 12, 2022	CANLAN Sports 2411 Mount Seymour Parkway Sep 14 - Dec 14, 2022	CANLAN Sports 2411 Mount Seymour Parkway Sep 16 - Dec 16, 2022	AGRODOME (DOME) 2901 East Hastings Street, Vancouver Oct 7 - Dec 16, 2022	KAREN MAGNUSSEN ARENA (KM) 2300 Kirkstone Road, North Vancouver Sep 17 - Dec 3, 2022	AGRODOME (DOME) 2901 East Hastings Street, Vancouver Sep 25 - Dec 11, 2022
12:00						
12:15						
12:30						
12:45						
1:00						
1:15						CANSKATE - DOME 12:55 - 1:40 PM
1:30						
1:45						
2:00						POWER SKATING - DOME 2:00PM - 2:45PM Ages 7 - 11
2:15						
2:30						
2:45						
3:00						
3:15					CANSKATE - KM 3:10 - 3:55 PM	
3:30						
3:45					CANSKATE - KM 4:00 - 4:45 PM	
4:00						
4:15						
4:30						
4:45			POWER SKATING Canlan Sports 4:30 - 5:20PM Ages 8 - 13			
5:00				POWER SKATING - DOME 5:00 - 5:45PM Ages 9+		
5:15	CANSKATE - CANLAN Sports 5:15PM - 6:00PM	CANSKATE - CANLAN Sports 5:15PM - 6:00PM				
5:30						
5:45						
6:00						

**IMPORTANT DATE: OCT 10 THANKSGIVING DAY - NO REGULAR SESSIONS this day**  
 VSC Holiday Extravaganza - Saturday Dec 10 - NO regular sessions  
 Canskate, Agrodome, Sunday - session may be added if needed