



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 CANLAN Sports 2411 Mount Seymour Parkway Sep 11 - Dec 18, 2023	WEDNESDAY CANLAN Sports 2411 Mount Seymour Parkway Sep 13 - Dec 20, 2023	FRIDAY CANLAN Sports 2411 Mount Seymour Parkway Sep 15 - Dec 22, 2023	FRIDAY AGRODOME (DOME) 2901 East Hastings Street, Vancouver Sep 29 - Dec 1, 2023	SATURDAY KAREN MAGNUSSEN ARENA (KM) 2300 Kirkstone Road, North Vancouver Sep 16 - Dec 9, 2023	SUNDAY AGRODOME (DOME) 2901 East Hastings Street, Vancouver Oct 1 - Dec 3, 2023
12:00						
12:15						
12:30						CANSKATE - DOME 12:05 - 12:50 PM
12:45						
1:00						CANSKATE - DOME 12:55 - 1:40 PM
1:15						
1:30						
1:45						
2:00						POWER SKATING - DOME 2:00PM - 2:45PM
2:15						
2:30						
2:45						
3:00						
3:15					CANSKATE - KM 3:10 - 3:55 PM	
3:30						
3:45						
4:00					CANSKATE - KM 4:00 - 4:45 PM	
4:15						
4:30			POWER SKATING - Canlan Sports 4:30 - 5:20PM	POWER SKATING - DOME 4:30 - 5:15PM		
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 DATE: OCT 9 THANKSGIVING DAY - NO REGULAR SESSIONS this day