



**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<br>CANLAN Sports<br>2411 Mount Seymour Parkway<br>Sep 11 - Dec 18, 2023 | WEDNESDAY<br>CANLAN Sports<br>2411 Mount Seymour Parkway<br>Sep 13 - Dec 20, 2023 | FRIDAY<br>CANLAN Sports<br>2411 Mount Seymour Parkway<br>Sep 15 - Dec 22, 2023 | FRIDAY<br>AGRODOME (DOME)<br>2901 East Hastings Street, Vancouver<br>Oct 6 - Nov 24, 2023 | SATURDAY<br>KAREN MAGNUSSEN ARENA (KM)<br>2300 Kirkstone Road, North Vancouver<br>Sep 16 - Dec 9, 2023 | SUNDAY<br>AGRODOME (DOME)<br>2901 East Hastings Street, Vancouver<br>Oct 1 - Nov 26, 2023 |
|-------|--|---|--|---|--|---|
| 12:00 |  |   |  |   |  |   |
| 12:15 |  |   |  |   |  |   |
| 12:30 |  |   |  |   |  | CANSKATE - DOME<br>12:05 - 12:50 PM   |
| 12:45 |  |   |  |   |  |   |
| 1:00  |  |   |  |   |  | CANSKATE - DOME<br>12:55 - 1:40 PM  |
| 1:15  |  |   |  |   |  |   |
| 1:30  |  |   |  |   |  |   |
| 1:45  |  |   |  |   |  |   |
| 2:00  |  |   |  |   |  | POWER SKATING - DOME<br>2:00PM - 2:45PM   |
| 2:15  |  |   |  |   |  |   |
| 2:30  |  |   |  |   |  |   |
| 2:45  |  |   |  |   |  |   |
| 3:00  |  |   |  |   |  |   |
| 3:15  |  |   |  |   |  |   |
| 3:30  |  |   |  |   | CANSKATE - KM<br>3:10 - 3:55 PM  |   |
| 3:45  |  |   |  |   |  |   |
| 4:00  |  |   |  |   | CANSKATE - KM<br>4:00 - 4:45 PM  |   |
| 4:15  |  |   |  |   |  |   |
| 4:30  |  |   | POWER SKATING - Canlan Sports<br>4:30 - 5:20PM                                 | POWER SKATING - DOME<br>4:30 - 5:15PM   |  |   |
| 4:45  |  |   |  |   |  |   |
| 5:00  |  |   |  |   |  |   |
| 5:15  | CANSKATE - CANLAN Sports<br>5:15PM - 6:00PM                                    | CANSKATE - CANLAN Sports<br>5:15PM - 6:00PM                                       |  |   |  |   |
| 5:30  |  |   |  |   |  |   |
| 5:45  |  |   |  |   |  |   |
| 6:00  |  |   |  |   |  |   |

**IMPORTANT DATE:** OCT 9 THANKSGIVING DAY - NO REGULAR SESSIONS this day