



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 Jan 8 - Mar 11, 2024	WEDNESDAY CANLAN Sports 2411 Mount Seymour Parkway Jan 10 - Mar 13, 2024	FRIDAY CANLAN Sports 2411 Mount Seymour Parkway Jan 12 - Mar 15, 2024	FRIDAY AGRODOME (DOME) 2901 East Hastings Street, Vancouver Jan 12 - Mar 15, 2024	SATURDAY KAREN MAGNUSSEN ARENA (KM) 2300 Kirkstone Road, North Vancouver Jan 13 - Mar 9, 2024	SUNDAY AGRODOME (DOME) 2901 East Hastings Street, Vancouver Jan 14 - Mar 10, 2024
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: Feb 19 FAMILY DAY - NO REGULAR SESSIONS this day