



**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.

**TENTATIVE SCHEDULE - SUBJECT TO CHANGE - July 12, 2024**

	MONDAY CANLAN Sports 2411 Mount Seymour Parkway Sep 9 - Dec 16, 2024	WEDNESDAY CANLAN Sports 2411 Mount Seymour Parkway Sep 11 - Dec 18, 2024	FRIDAY CANLAN Sports 2411 Mount Seymour Parkway Sep 13 - Dec 20, 2024	FRIDAY AGRODOME (DOME) 2901 East Hastings Street, Vancouver Oct 4 - Nov 29, 2024	SATURDAY KAREN MAGNUSSEN ARENA (KM) 2300 Kirkstone Road, North Vancouver Sep 14 - Nov 30, 2024	SUNDAY AGRODOME (DOME) 2901 East Hastings Street, Vancouver Oct 6 - Nov 24, 2024
12:00						**CANSKATE PRECAN - DOME (Age 3-5 little or no skating experience) 12:00PM - 12:30PM
12:15						CANSKATE - DOME 12:30PM - 1:15PM
12:30						CANSKATE - DOME 1:15PM - 2:00PM
12:45						POWER SKATING - DOME 2:00PM - 2:45PM
1:00						
1:15						
1:30						
1:45						
2:00						
2:15						
2:30						
2:45						
3:00						
3:15					CANSKATE - KM 3:15 - 4:00 PM Ages 4+	
3:30					CANSKATE - KM 4:00 - 4:45 PM Ages 4+	
3:45						
4:00						
4:15						
4:30			POWER SKATING Canlan Sports 4:30 - 5:20PM			
4:45						
5:00				POWER SKATING - DOME 5:00 - 5:45PM		
5:15	CANSKATE - CANLAN Sports 5:15PM - 6:00PM Ages 4+	CANSKATE - CANLAN Sports 5:15PM - 6:00PM Ages 4+				
5:30						
5:45						
6:00						

\*\*CANSKATE PRECAN - is for ages 3 - 5 with little or no skating experience. They cannot have passed Canskate Stage 1

**IMPORTANT DATE: OCT 14 THANKSGIVING DAY - NO REGULAR SESSIONS this day**  
**CANSKATE - AGE 4 through 15, as of the program term start date - Sep 9, 2024.**