



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 - Oct 22, 2024

	MONDAY CANLAN Sports 2411 Mount Seymour Parkway Jan 6 - Mar 10, 2025	WEDNESDAY CANLAN Sports 2411 Mount Seymour Parkway Jan 8 - Mar 12, 2025	FRIDAY CANLAN Sports 2411 Mount Seymour Parkway Jan 10 - Mar 14, 2025	FRIDAY AGRODOME (DOME) 2901 East Hastings Street, Vancouver Jan 10 - Mar 14, 2025	SATURDAY KAREN MAGNUSSEN ARENA (KM) 2300 Kirkstone Road, North Vancouver Jan 11 - Mar 8, 2025	SUNDAY AGRODOME (DOME) 2901 East Hastings Street, Vancouver Jan 12 - Mar 9, 2025
	No Skating Feb 17, 2025 FAMILY DAY					NO Skating Feb 23, 2025
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 Ages 7 - 10
1:00						
1:15						
1:30						
1:45						
2:00						
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4:00						
4:15						
4:30						
4:45						
5:00						
5:15						
5:30	CANSKATE - CANLAN Sports 5:15PM - 6:00PM Ages 4+	CANSKATE - CANLAN Sports 5:15PM - 6:00PM Ages 4+				
5:45						
6:00						

IMPORTANT DATE(S):
 Feb 17, 2025 FAMILY DAY - NO REGULAR SESSIONS this day
 Feb 23, 2025 - NO REGULAR SESSIONS this day at the AGRODOME, PNE Grounds

CANSKATE - AGE 4 through 15, as of the program term start date - Jan 6, 2025

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