



**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) principals, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

	MONDAY	WEDNESDAY
	Canlan Sports 2411 Mount Seymour Pky, North Vancouver	Canlan Sports 2411 Mount Seymour Pky, North Vancouver
	March 31 -May 26,2025	April 2 - May 28, 2025
	RINK 1	RINK 1
3:00		
3:15		
3:30		
3:45		
4:00	<b>CANSKATE</b>	<b>CANSKATE</b>
4:15	4:05PM - 4:50PM	4:05PM - 4:50PM
4:30		
4:45	<b>CANSKATE</b>	<b>CANSKATE</b>
5:00	4:50PM - 5:35 PM	4:50PM - 5:35 PM
5:15		
5:30		
5:45		
6:00		

**Spring Term March 31 - May 28, 2025 - Schedule available for PLANNING Purposes**

**No Skating Victoria Day Monday May 19,2025**

**REGISTRATION will OPEN late February - date to be advised**

Upon completion of Stage 6, Skaters may enter the Star 1/CanFigure Skating Program.