

VSC SUMMER 2025 WEEKLY SCHEDULE (MONDAY through FRIDAY) July 1 - Jul 25, 2025									
SUMMER FACILITY - Canlan Sports, 2411 Mount Seymour Parkway, North Vancouver									
Additional Summer Schedules for June 23-26 and Aug will 11-14									
MONDAY Canlan Sports		TUESDAY Canlan Sports		WEDNESDAY Canlan Sports		THURSDAY Canlan Sports		FRIDAY Canlan Sports	
RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE
INTENSIVE 1 FREESKATE (45 min) 12:15PM - 1:00PM INTENSIVE 1 SPINS 1:00-1:10		INTENSIVE 1 FREESKATE (45 min) 12:15PM - 1:00PM INT 1& 2 STEPS 1:00-1:20		INTENSIVE 1 FREESKATE (45 min) 12:15PM - 1:00PM INTENSIVE 1 SPINS 1:00-1:10		INTENSIVE 1 FREESKATE (45 min) 12:15PM - 1:00PM INT 1& 2 STEPS 1:00-1:20		INTENSIVE 1 FREESKATE (45 min) 12:15PM - 1:00PM INTENSIVE 1 SPINS 1:00-1:10	
INTENSIVE 2 SPINS 1:10-1:20 INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM	INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM	INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM	INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM	INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM
FLOOD		FLOOD		FLOOD		FLOOD		FLOOD	
INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM	INTENSIVE 2 OFF ICE 2:15PM - 2:45PM	INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM	INTENSIVE 2 OFF ICE 2:15PM - 2:45PM	INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM	INTENSIVE 2 OFF ICE 2:15PM - 2:45PM	INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM	INTENSIVE 2 OFF ICE 2:15PM - 2:45PM	INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM	INTENSIVE 2 OFF ICE 2:15PM - 2:45PM
INTENSIVE 2 continued FREESKATE (55 min) 3:10PM - 4:05PM		INTENSIVE 2 continued FREESKATE (55 min) 3:10PM - 4:05PM		INTENSIVE 2 continued FREESKATE (55 min) 3:10PM - 4:05PM		INTENSIVE 2 continued FREESKATE (55 min) 3:10PM - 4:05PM		INTENSIVE 2 continued FREESKATE (55 min) 3:10PM - 4:05PM	
FLOOD		FLOOD		FLOOD		FLOOD		FLOOD	
INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM INT 3 SPINS 5:00-5:10 INT 4 SPINS 5:10-5:20	INT 4 OFF ICE 4:15-4:45PM JS OFF ICE 4:45-5:05PM	INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM INT 3&4 STEPS 5:00-5:20	INT 4 OFF ICE 4:15-4:45PM JS OFF ICE 4:45-5:05PM	INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM INT 3 SPINS 5:00-5:10 INT 4 SPINS 5:10-5:20	INT 4 OFF ICE 4:15-4:45PM JS OFF ICE 4:45-5:05PM	INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM INT 3&4 STEPS 5:00-5:20	INT 4 OFF ICE 4:15-4:45PM JS OFF ICE 4:45-5:05PM	INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:05PM	
INTENSIVE 4, JUMPSTART, CANFIGURE FREESKATE/ON ICE 5:20PM - 6:05PM	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM	INTENSIVE 4, JUMPSTART, CANFIGURE FREESKATE/ON ICE 5:20PM - 6:05PM	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM	INTENSIVE 4, JUMPSTART, CANFIGURE FREESKATE/ON ICE 5:20PM - 6:05PM	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM	INTENSIVE 4, JUMPSTART, CANFIGURE FREESKATE/ON ICE 5:20PM - 6:05PM	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM		
FLOOD		FLOOD		FLOOD		FLOOD			
INTENSIVE 3 continued FREESKATE (50 min) 6:15PM - 7:05PM		INTENSIVE 3 continued FREESKATE (50 min) 6:15PM - 7:05PM		INTENSIVE 3 continued FREESKATE (50 min) 6:15PM - 7:05PM		INTENSIVE 3 continued FREESKATE (50 min) 6:15PM - 7:05PM			
COLOUR SCALE		COLOUR LEVELS DEFINED		Weeks Offered					
JUMPSTART		JUMSTART (Invitation only) (Mon - Thu only)		Jul 1-Jul 24					
INTENSIVE 4		STAR 1-2(Mon-Thu only)		Jul 1-Jul 24					
INTENSIVE 3		STAR 2/3 (Mon-Fri)		Jul 1-Aug 8					
INTENSIVE 2		Star 4 + or as designated by program director (Mon - Fri)		Jul 1-Aug 8					
INTENSIVE 1		POD 1(Mon - Fri)		Jul 1-Aug 8					
IMPORTANT DATES:		NOTE: Jumpstart & Intensive 4 - Monday through Thursday							
Jun 30 MONDAY - NO Skating									
Aug 4 MONDAY - YES Skating									
EXTRA DEVELOPMENT SESSIONS - ADD ON only AVAILABLE if registered for INTENSIVE 1 or 2									
MONDAY Canlan Sports		TUESDAY Canlan Sports		WEDNESDAY Canlan Sports		THURSDAY Canlan Sports			
RINK 3		RINK 3		RINK 3		RINK 3			
INTENSIVE 1 & 2 DEVELOPMENT (50 min) 11:15AM - 12:05PM		INTENSIVE 1 & 2 DEVELOPMENT (50 min) 11:15AM - 12:05PM		INTENSIVE 1 & 2 DEVELOPMENT (50 min) 11:15AM - 12:05PM		INTENSIVE 1 & 2 DEVELOPMENT (50 min) 11:15AM - 12:05PM			

VSC SUMMER 2025 WEEKLY SCHEDULE (MONDAY through FRIDAY) July 28 to Aug 8, 2025

SUMMER FACILITY - Canlan Sports, 2411 Mount Seymour Parkway, North Vancouver

Additional Summer Schedules for June 23-26 and Aug will 11-14

MONDAY Canlan Sports		TUESDAY Canlan Sports		WEDNESDAY Canlan Sports		THURSDAY Canlan Sports		FRIDAY Canlan Sports	
RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE
INTENSIVE 1 FREESKATE (45 min) 12:15PM - 1:00PM INTENSIVE 1 SPINS 1:00-1:10		INTENSIVE 1 FREESKATE (45 min) 12:15PM - 1:00PM INT 1& 2 STEPS 1:00-1:20		INTENSIVE 1 FREESKATE (45 min) 12:15PM - 1:00PM INTENSIVE 1 SPINS 1:00-1:10		INTENSIVE 1 FREESKATE (45 min) 12:15PM - 1:00PM INT 1& 2 STEPS 1:00-1:20		INTENSIVE 1 FREESKATE (45 min) 12:15PM - 1:00PM INTENSIVE 1 SPINS 1:00-1:10	
INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM	INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM	INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM	INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM	INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM
FLOOD		FLOOD		FLOOD		FLOOD		FLOOD	
INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM	INTENSIVE 2 OFF ICE 2:15PM - 2:45PM	INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM	INTENSIVE 2 OFF ICE 2:15PM - 2:45PM	INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM	INTENSIVE 2 OFF ICE 2:15PM - 2:45PM	INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM	INTENSIVE 2 OFF ICE 2:15PM - 2:45PM	INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM	INTENSIVE 2 OFF ICE 2:15PM - 2:45PM
INTENSIVE 2 continued FREESKATE (55 min) 3:10PM - 4:05PM		INTENSIVE 2 continued FREESKATE (55 min) 3:10PM - 4:05PM		INTENSIVE 2 continued FREESKATE (55 min) 3:10PM - 4:05PM		INTENSIVE 2 continued FREESKATE (55 min) 3:10PM - 4:05PM		INTENSIVE 2 continued FREESKATE (55 min) 3:10PM - 4:05PM	
FLOOD		FLOOD		FLOOD		FLOOD		FLOOD	
INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM INT 3 SPINS 5:00-5:20 INT 4 SPINS 5:10-5:20		INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM INT 3 & 4 STEPS 5:00-5:20		INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM INT 3 SPINS 5:00-5:20 INT 4 SPINS 5:10-5:20	INT 4 OFF ICE 4:15-4:45PM	INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM INT 3 & 4 STEPS 5:00-5:20	INT 4 OFF ICE 4:15-4:45PM	INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:05PM	
CANSKATE & INTENSIVE 4 FREESKATE/ON ICE 5:20PM - 6:05PM	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM	CANSKATE & INTENSIVE 4 FREESKATE/ON ICE 5:20PM - 6:05PM	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM	CANSKATE & INTENSIVE 4 FREESKATE/ON ICE 5:20PM - 6:05PM	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM	CANSKATE & INTENSIVE 4 FREESKATE/ON ICE 5:20PM - 6:05PM	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM		
FLOOD		FLOOD		FLOOD		FLOOD			
INTENSIVE 3 continued FREESKATE (50 min) 6:15PM - 7:05PM		INTENSIVE 3 continued FREESKATE (50 min) 6:15PM - 7:05PM		INTENSIVE 3 continued FREESKATE (50 min) 6:15PM - 7:05PM		INTENSIVE 3 continued FREESKATE (50 min) 6:15PM - 7:05PM			

COLOUR SCALE

CANSKATE
INTENSIVE 3
INTENSIVE 2
INTENSIVE 1
INTENSIVE 4

COLOUR LEVELS DEFINED

Eligible CANSKATE Stage 2 skater, minimum age 4 by Jul 1st, 2025 only. (Mon - Thu only)
STAR 2/3 (Mon-Fri)
Star 4 + or as designated by program director (Mon - Fri)
POD 1(Mon - Fri)
STAR 1-2(Mon-Thu only)

Weeks Offered

Jul 28-Aug 7
Jul 1-Aug 8
Jul 1-Aug 8
Jul 1-Aug 8

Additional Weeks Added

Jul 28-Aug 7

IMPORTANT DATES:

Jun 30 MONDAY - NO Skating
Aug 4 MONDAY - YES Skating

NOTE: CANSKATE - Monday through Thursday