	SUMMER FACILITY - Canlan Sports,		Parkway, North Vancouver								
,	Additional Summer Schedules for June 2	23-26 and Aug will 11-14									
r	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
+	MONDAY  Canlan Sports		Canlan Sports			Canlan Sports		Canlan Sports		Canlan Sports	
+	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFI	
t		011102	Tank 3	OTT ICE	i i i i i i i i i i i i i i i i i i i	OTT ICC	ining 5	OTT TOE	THIN 3	0	
Ì	INTENSIVE 1		INTENSIVE 1		INTENSIVE 1		INTENSIVE 1		INTENSIVE 1		
ı	FREESKATE (45 min)		FREESKATE (45 min)		FREESKATE (45 min)		FREESKATE (45 min)		FREESKATE (45 min)		
ı	12:15PM - 1:00PM		12:15PM - 1:00PM		12:15PM - 1:00PM		12:15PM - 1:00PM		12:15PM - 1:00PM		
ı	INTENSIVE 1 SPINS 1:00-1:10		INT 1& 2 STEPS		INTENSIVE 1 SPINS 1:00-1:10		INT 1& 2 STEPS		INTENSIVE 1 SPINS 1:00-1:10		
Ī	INTENSIVE 2 SPINS 1:10-1:20		1:00-1:20		INTENSIVE 2 SPINS 1:10-1:20		1:00-1:20		INTENSIVE 2 SPINS 1:10-1:20		
ı	INTENSIVE 2	INTENSIVE 1 OFF ICE	INTENSIVE 2	INTENSIVE 1 OFF ICE	INTENSIVE 2	INTENSIVE 1 OFF ICE	INTENSIVE 2	INTENSIVE 1 OFF ICE	INTENSIVE 2	INTENSIV	
ı	FREESKATE (45 min)	1:30PM - 2:00PM	FREESKATE (45 min)	1:30PM - 2:00PM	FREESKATE (45 min)	1:30PM - 2:00PM	FREESKATE (45 min)	1:30PM - 2:00PM	FREESKATE (45 min)	1:30PM	
ı	1:20PM - 2:05PM		1:20PM - 2:05PM		1:20PM - 2:05PM		1:20PM - 2:05PM		1:20PM - 2:05PM		
Ī	FLOOD		FLOOD		FLOOD		FLOOD		FLOOD		
	INTENSIVE 1 continued	INTENSIVE 2 OFF ICE	INTENSIVE 1 continued	INTENSIVE 2 OFF ICE	INTENSIVE 1 continued	INTENSIVE 2 OFF ICE	INTENSIVE 1 continued	INTENSIVE 2 OFF ICE	INTENSIVE 1 continued	INTENSIV	
ĺ	FREESKATE (55 min)	2:15PM - 2:45PM	FREESKATE (55 min)	2:15PM - 2:45PM	FREESKATE (55 min)	2:15PM - 2:45PM	FREESKATE (55 min)	2:15PM - 2:45PM	FREESKATE (55 min)	2:15PM	
	2:15PM - 3:10PM		2:15PM - 3:10PM		2:15PM - 3:10PM		2:15PM - 3:10PM		2:15PM - 3:10PM		
L											
ı	INTENSIVE 2 continued		INTENSIVE 2 continued		INTENSIVE 2 continued		INTENSIVE 2 continued		INTENSIVE 2 continued		
I	FREESKATE (55 min)		FREESKATE (55 min)		FREESKATE (55 min)		FREESKATE (55 min)		FREESKATE (55 min)		
ı	3:10PM - 4:05PM		3:10PM - 4:05PM		3:10PM - 4:05PM		3:10PM - 4:05PM		3:10PM - 4:05PM		
ŀ											
ł	FLOOD	INT 4 OFF ICE	FLOOD	INT 4 OFFICE	FLOOD	INT 4 OFF ICE	FLOOD INTENSIVE 3	INT 4 OFF ICE	FLOOD INTENSIVE 3		
ł	INTENSIVE 3	4:15-4:45PM	INTENSIVE 3	4:15-4:45PM	INTENSIVE 3	4:15-4:45PM		4:15-4:45PM			
ł	FREESKATE (45 min)	JS OFF ICE	FREESKATE (45 min) 4:15PM -5:00PM	JS OFF ICE	FREESKATE (45 min)	JS OFF ICE	FREESKATE (45 min) 4:15PM -5:00PM	JS OFF ICE	FREESKATE (45 min)		
ł	4:15PM -5:00PM INT 3 SPINS 5:00-5:10	4:45-5:05PM		4:45-5:05PM	4:15PM -5:00PM INT 3 SPINS 5:00-5:10	4:45-5:05PM		4:45-5:05PM	4:15PM -5:05PM		
ł	INT 4 SPINS 5:10-5:20	4.45-5.05FW	INT 3&4 STEPS 5:00-5:20	4.45*5.03FW	INT 4 SPINS 5:10-5:20	4.43°3.03FW	INT 3&4 STEPS 5:00-5:20	4.43-3.03FW			
ł	INTENSIVE 4, JUMPSTART, CANFIGURE	_	INTENSIVE 4, JUMPSTART, CANFIGURE		INTENSIVE 4, JUMPSTART, CANFIGURE		INTENSIVE 4, JUMPSTART, CANFIGURE				
ł	FREESKATE/ON ICE	INTENSIVE 3 OFF Ice	FREESKATE/ON ICE	INTENSIVE 3 OFF Ice	FREESKATE/ON ICE	INTENSIVE 3 OFF Ice	FREESKATE/ON ICE	INTENSIVE 3 OFF Ice			
۱	5:20PM - 6:05PM	5:30PM -6:00PM	5:20PM - 6:05PM	5:30PM -6:00PM	5:20PM - 6:05PM	5:30PM -6:00PM	5:20PM - 6:05PM	5:30PM -6:00PM			
t	FLOOD	3.30F W -0.00F W	FLOOD	3.30F W -0.00F W	FLOOD	3.50F W -0.00F W	FLOOD	3.30FIN -0.00FIN			
t	INTENSIVE 3 continued		INTENSIVE 3 continued		INTENSIVE 3 continued		INTENSIVE 3 continued				
ł	FREESKATE (50 min)		FREESKATE (50 min)		FREESKATE (50 min)		FREESKATE (50 min)				
t	6:15PM - 7:05PM		6:15PM - 7:05PM		6:15PM - 7:05PM		6:15PM - 7:05PM				
L											
	COLOUR SCALE	DLOUR SCALE COLOUR LEVELS DEFINED		Weeks Offered							
Ì	JUMPSTART	JUMSTART (Invitation	only) (Mon - Thu only)	Jul 1-Jul 24							
ı	INTENSIVE 4	STAR 1-2(Mon-Thu o		Jul 1-Jul 24							
ı	INTENSIVE 3	STAR 2/3 (Mon-Fri)		Jul 1-Aug 8							
i	INTENSIVE 2		ted by program director (Mon - Fri)	Jul 1-Aug 8							
i	INTENSIVE 1	POD 1(Mon - Fri)		jul 1-Aug 8							
f	INTLINSIVE 1	1 OD I(MOII - 111)		jui 1-Mug o							
ı	IMPORTANT DATES:		NOTE: Jumpstart & Intensive 4 - Monday	through Thursday							
	Jun 30 MONDAY - NO Skating			· · ·							
,	Aug 4 MONDAY - YES Skating										
Į		ADD ON only AVAILAB	LE if registered for INTENSIVE 1 or 2								
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY				
	Canlan Sports	5	Canlan Sports		Canlan Sports		Canlan Sports				
П	RINK 3		RINK 3		RINK 3		RINK 3				
1								_			
	INTENSIVE 1 & 2  DEVELOPMENT (50 min)		INTENSIVE 1 & 2 DEVELOPMENT (50 min)		INTENSIVE 1 & 2		INTENSIVE 1 & :	7			
					DEVELOPMENT (50		DEVELOPMENT (50				

JMMER FACILITY - Canlan Sports,		arkway, nortn vancouver							
Iditional Summer Schedules for June	23-26 and Aug will 11-14								
MONDAY		TUESDAY		WEDNESI	DAY	THURSDAY		FRIDAY	
Canlan Sport				Canlan Sports		Canlan Sports		Canlan Sports	
RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF
			5.1.102						
INTENSIVE 1		INTENSIVE 1		INTENSIVE 1		INTENSIVE 1		INTENSIVE 1	
FREESKATE (45 min)		FREESKATE (45 min)		FREESKATE (45 min)		FREESKATE (45 min)		FREESKATE (45 min)	
12:15PM - 1:00PM		12:15PM - 1:00PM		12:15PM - 1:00PM		12:15PM - 1:00PM		12:15PM - 1:00PM	
INTENSIVE 1 SPINS 1:00-1:10		INT 1& 2 STEPS		INTENSIVE 1 SPINS 1:00-1:10		INT 1& 2 STEPS		INTENSIVE 1 SPINS 1:00-1:10	
INTENSIVE 2 SPINS 1:10-1:20		1:00-1:20		INTENSIVE 2 SPINS 1:10-1:20		1:00-1:20		INTENSIVE 2 SPINS 1:10-1:20	
INTENSIVE 2	INTENSIVE 1 OFF ICE	INTENSIVE 2	INTENSIVE 1 OFF ICE	INTENSIVE 2	INTENSIVE 1 OFF ICE	INTENSIVE 2	INTENSIVE 1 OFF ICE	INTENSIVE 2	INTENSIVE
FREESKATE (45 min)	1:30PM - 2:00PM	FREESKATE (45 min)	1:30PM - 2:00PM	FREESKATE (45 min)	1:30PM - 2:00PM	FREESKATE (45 min)	1:30PM - 2:00PM	FREESKATE (45 min)	1:30PM -
1:20PM - 2:05PM		1:20PM - 2:05PM		1:20PM - 2:05PM		1:20PM - 2:05PM		1:20PM - 2:05PM	
FLOOD		FLOOD		FLOOD		FLOOD		FLOOD	
INTENSIVE 1 continued	INTENSIVE 2 OFF ICE	INTENSIVE 1 continued	INTENSIVE 2 OFF ICE	INTENSIVE 1 continued	INTENSIVE 2 OFF ICE	INTENSIVE 1 continued	INTENSIVE 2 OFF ICE	INTENSIVE 1 continued	INTENSIVE 2
FREESKATE (55 min)	2:15PM - 2:45PM	FREESKATE (55 min)	2:15PM - 2:45PM	FREESKATE (55 min)	2:15PM - 2:45PM	FREESKATE (55 min)	2:15PM - 2:45PM	FREESKATE (55 min)	2:15PM - 2
2:15PM - 3:10PM		2:15PM - 3:10PM		2:15PM - 3:10PM		2:15PM - 3:10PM		2:15PM - 3:10PM	
INTENSIVE 2 continued		INTENSIVE 2 continued		INTENSIVE 2 continued		INTENSIVE 2 continued		INTENSIVE 2 continued	
FREESKATE (55 min)		FREESKATE (55 min)		FREESKATE (55 min)		FREESKATE (55 min)		FREESKATE (55 min)	
3:10PM - 4:05PM		3:10PM - 4:05PM		3:10PM - 4:05PM		3:10PM - 4:05PM		3:10PM - 4:05PM	
FLOOD		FLOOD		FLOOD		FLOOD		FLOOD	
INTENSIVE 3		INTENSIVE 3		INTENSIVE 3	INT 4 OFF ICE	INTENSIVE 3	INT 4 OFF ICE	INTENSIVE 3	
FREESKATE (45 min)		FREESKATE (45 min)		FREESKATE (45 min)	4:15-4:45PM	FREESKATE (45 min)	4:15-4:45PM	FREESKATE (45 min)	
4:15PM -5:00PM		4:15PM -5:00PM		4:15PM -5:00PM		4:15PM -5:00PM		4:15PM -5:05PM	
INT 3 SPINS 5:00-5:20		INT 3 & 4 STEPS		INT 3 SPINS 5:00-5:20		INT 3 & 4 STEPS			
INT 4 SPINS 5:10-5:20		5:00-5:20		INT 4 SPINS 5:10-5:20		5:00-5:20			
CANSKATE &		CANSKATE &		CANSKATE &		CANSKATE &			
INTENSIVE 4 FREESKATE/ON ICE	INTENSIVE 3 OFF Ice	INTENSIVE 4 FREESKATE/ON ICE	INTENSIVE 3 OFF Ice	INTENSIVE 4 FREESKATE/ON ICE		INTENSIVE 4 FREESKATE/ON ICE	INTENSIVE 3 OFF Ice		
5:20PM - 6:05PM	5:30PM -6:00PM	5:20PM - 6:05PM	5:30PM -6:00PM	5:20PM - 6:05PM	5:30PM -6:00PM	5:20PM - 6:05PM	5:30PM -6:00PM		
FLOOD		FLOOD		FLOOD		FLOOD			
INTENSIVE 3 continued		INTENSIVE 3 continued		INTENSIVE 3 continued		INTENSIVE 3 continued			
FREESKATE (50 min)		FREESKATE (50 min)		FREESKATE (50 min)		FREESKATE (50 min)			
6:15PM - 7:05PM		6:15PM - 7:05PM		6:15PM - 7:05PM		6:15PM - 7:05PM			
DLOUR SCALE	COLOUR LEVELS DEFINED		Weeks Offered	Additional Weeks Added					
CANSKATE	eligible CANSKATE Stage only. (Mon - Thu only)	e 2 skater, minimum age 4 by Jul 1st, 2025	Jul 28-Aug 7						
INTENSIVE 3	STAR 2/3 (Mon-Fri)		Jul 1-Aug 8						
INTENSIVE 2	Star 4 + or as designate	d by program director (Mon - Fri)	Jul 1-Aug 8						
INTENSIVE 1	POD 1(Mon - Fri)		Jul 1-Aug 8						
INTENSIVE 4	STAR 1-2(Mon-Thu only	r)		Jul 28-Aug 7					
IPORTANT DATES:		NOTE: CANSKATE - Monday through Thursday							
n 30 MONDAY - NO Skating									
g 4 MONDAY - YES Skating									