

VSC SUMMER 2026 WEEKLY SCHEDULE (MONDAY through FRIDAY) Jun 29 - Jul 23, 2026

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

Additional Summer Schedules for June 22-25 and Aug 10-13

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 2 SPINS 1:10-1:20		INTENSIVE 1 FREESKATE (45 min) 12:15PM - 1:00PM INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM		INTENSIVE 1 FREESKATE (45 min) 12:15PM - 1:00PM INT 1& 2 STEPS 1:00-1:20	INTENSIVE 2 SPINS 1:10-1:20
INTENSIVE 2 SPINS 1:10-1:20 INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM FLOOD	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM	INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM FLOOD	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM	INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM FLOOD	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM	INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM FLOOD	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM	INTENSIVE 2 FREESKATE (45 min) 1:20PM - 2:05PM FLOOD	INTENSIVE 1 OFF ICE 1:30PM - 2:00PM
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 FLOOD		INTENSIVE 2 continued FREESKATE (55 min) 3:10PM - 4:05PM FLOOD		INTENSIVE 2 continued FREESKATE (55 min) 3:10PM - 4:05PM FLOOD		INTENSIVE 2 continued FREESKATE (55 min) 3:10PM - 4:05PM FLOOD		INTENSIVE 2 continued FREESKATE (55 min) 3:10PM - 4:05PM 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 - 5:00PM INT 3&4 STEPS 5:00-5:20	INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:05PM
INTENSIVE 4, JUMPSTART, CANFIGURE FREESKATE/ON ICE 5:20PM - 6:05PM FLOOD	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM	INTENSIVE 4, JUMPSTART, CANFIGURE FREESKATE/ON ICE 5:20PM - 6:05PM FLOOD	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM	INTENSIVE 4, JUMPSTART, CANFIGURE FREESKATE/ON ICE 5:20PM - 6:05PM FLOOD	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM	INTENSIVE 4, JUMPSTART, CANFIGURE FREESKATE/ON ICE 5:20PM - 6:05PM FLOOD	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM	INTENSIVE 4, JUMPSTART, CANFIGURE FREESKATE/ON ICE 5:20PM - 6:05PM FLOOD	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM
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		INTENSIVE 3 continued FREESKATE (50 min) 6:15PM - 7:05PM	

COLOUR SCALE	COLOUR LEVELS DEFINED	Weeks Offered
JUMPSTART	JUMSTART (Invitation only) (Mon - Thu only)	Jun 29 - Jul 23
INTENSIVE 4	STAR 1-2(Mon-Thu only)	Jun 29 - Jul 23
INTENSIVE 3	STAR 2/3 (Mon-Fri)	Jun 29 - Aug 7
INTENSIVE 2	Star 4 + or as designated by program director (Mon - Fri)	Jun 29 - Aug 7
INTENSIVE 1	POD 1(Mon - Fri)	Jun 29 - Aug 7

IMPORTANT DATES: NOTE: Jumpstart & Intensive 4 - Monday through Thursday
 Jul 1 WEDNESDAY - YES Skating
 Aug 3 MONDAY - YES Skating

EXTRA DEVELOPMENT SESSIONS - ADD ON only AVAILABLE if registered for INTENSIVE 1 or 2

MONDAY Canlan Sports RINK 3	TUESDAY Canlan Sports RINK 3	WEDNESDAY Canlan Sports RINK 3	THURSDAY Canlan Sports 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

