

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 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 | INTENSIVE 2 OFF ICE 2:15PM - 2:45PM | FLOOD | INTENSIVE 2 OFF ICE 2:15PM - 2:45PM | FLOOD | INTENSIVE 2 OFF ICE 2:15PM - 2:45PM | FLOOD | INTENSIVE 2 OFF ICE 2:15PM - 2:45PM | FLOOD | INTENSIVE 2 OFF ICE 2:15PM - 2:45PM |
| INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM | | INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM | | INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM | | INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM | | INTENSIVE 1 continued FREESKATE (55 min) 2:15PM - 3:10PM | |
| 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 | INT 4 OFF ICE 4:15-4:45PM | FLOOD | INT 4 OFF ICE 4:15-4:45PM | FLOOD | INT 4 OFF ICE 4:15-4:45PM | FLOOD | INT 4 OFF ICE 4:15-4:45PM | FLOOD | INTENSIVE 3 FREESKATE (50 min) 4:15PM - 5:05PM |
| INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM INT 3 SPINS 5:00-5:10 | JS OFF ICE 4:45-5:05PM | INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM INT 3&4 STEPS 5:00-5:20 | JS OFF ICE 4:45-5:05PM | INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM INT 3 SPINS 5:00-5:10 | JS OFF ICE 4:45-5:05PM | INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM INT 3 SPINS 5:00-5:10 | 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 SPINS 5:10-5:20 | | INTENSIVE 4, JUMPSTART | | INT 4 SPINS 5:10-5:20 | | INTENSIVE 4, JUMPSTART | | INTENSIVE 4, JUMPSTART | |
| INTENSIVE 4, JUMPSTART FREESKATE/ON ICE 5:20PM - 6:05PM | INTENSIVE 3 OFF Ice 5:30PM - 6:00PM | INTENSIVE 4, JUMPSTART FREESKATE/ON ICE 5:20PM - 6:05PM | INTENSIVE 3 OFF Ice 5:30PM - 6:00PM | INTENSIVE 4, JUMPSTART FREESKATE/ON ICE 5:20PM - 6:05PM | INTENSIVE 3 OFF Ice 5:30PM - 6:00PM | INTENSIVE 4, JUMPSTART FREESKATE/ON ICE 5:20PM - 6:05PM | INTENSIVE 3 OFF Ice 5:30PM - 6:00PM | INTENSIVE 4, JUMPSTART FREESKATE/ON ICE 5:20PM - 6:05PM | INTENSIVE 3 OFF Ice 5:30PM - 6:00PM |
| FLOOD | | 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 | | 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:
 Jul 1 WEDNESDAY - YES Skating
 Aug 3 MONDAY - YES Skating

NOTE: Jumpstart & Intensive 4 - Monday through Thursday

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 |
|-------|--|--|--|--|
| 11:15 | 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 2026 WEEKLY SCHEDULE (MONDAY through FRIDAY) July 27 to Aug 6, 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 | |
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| 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 |
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| FLOOD | | FLOOD | | FLOOD | | FLOOD | | FLOOD | |
| INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM | | INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM | | INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM | INT 4 OFF ICE 4:15-4:45PM | INTENSIVE 3 FREESKATE (45 min) 4:15PM - 5:00PM | INT 4 OFF ICE 4:15-4:45PM | INTENSIVE 3 FREESKATE (50 min) 4:15PM - 5:05PM | |
| INT 3 SPINS 5:00-5:20 INT 4 SPINS 5:10-5:20 | | INT 3 & 4 STEPS 5:00-5:20 | | INT 3 & 4 STEPS 5:00-5:20 | | INT 3 & 4 STEPS 5:00-5:20 | | | |
| CAANSKATE & INTENSIVE 4 FREESKATE/ON ICE 5:20PM - 6:05PM | INTENSIVE 3 OFF ICE 5:30PM - 6:00PM | CAANSKATE & INTENSIVE 4 FREESKATE/ON ICE 5:20PM - 6:05PM | INTENSIVE 3 OFF ICE 5:30PM - 6:00PM | CAANSKATE & INTENSIVE 4 FREESKATE/ON ICE 5:20PM - 6:05PM | INTENSIVE 3 OFF ICE 5:30PM - 6:00PM | CAANSKATE & INTENSIVE 4 FREESKATE/ON ICE 5:20PM - 6:05PM | INTENSIVE 3 OFF ICE 5:30PM - 6:00PM | | |
| FLOOD | | FLOOD | | FLOOD | | FLOOD | | | |
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COLOUR SCALE

COLOUR LEVELS DEFINED

Eligible CAANSKATE Stage 2 skater, minimum age 4 by Jul 1st, 2025 only.

(Mon - Thu only)

CAANSKATE

STAR 2/3 (Mon-Fri)

INTENSIVE 2
Star 4 + or as designated by program director (Mon - Fri)

INTENSIVE 1
POD 1(Mon - Fri)

INTENSIVE 4
STAR 1-2(Mon-Thu only)

Weeks Offered

Jul 27-Aug 6

Jun 29 - Aug 7

Jun 29 - Aug 7

Jun 29 - Aug 7

Additional Weeks Added

Jul 27-Aug 6

IMPORTANT DATES:

Jul 1 WEDNESDAY - YES Skating

Aug 3 MONDAY - YES Skating

NOTE: CAANSKATE - Monday through Thursday