

VSC Spring Term - March 30 - June 5, 2020
 Facility - Ice Sports North Shore - 2411 Mount Seymour Parkway, North Vancouver, BC
 VSC Phone Contact - 604.924.1134



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.

CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations.

	MONDAY	TUESDAY	WEDNESDAY
	ICE SPORTS NORTH SHORE RINK 1	ICE SPORTS NORTH SHORE RINK 1	ICE SPORTS NORTH SHORE RINK 1
3:00			
3:15	March 30 - Jun 1, 2020	March 31 - June 2, 2020	April 1 - June 3, 2020
3:30			
3:45			
4:00			
4:15	CANSKATE	CANSKATE	CANPOWER
4:30	4:15 -5:00 PM	4:15 - 5:00 PM	4:15 - 5:00 PM
4:45			
5:00	CANPOWER		CANSKATE
5:15	5:00 - 5:45 PM		5:00 - 5:45 PM
5:30			
5:45			
6:00			

SPRING Term March 30 - June 5, 2020 (see program registration for specific start and end dates)

IMPORTANT DATES

MONDAY, APRIL 12 - EASTER MONDAY	NO SKATING on EASTER MONDAY
MONDAY, MAY 18 - VICTORIA DAY	NO SKATING

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