

# 2023-2024 CanSkate



**All Lessons are at VALLEYVIEW ARENA.**

**PreCanSkate** – Register for PreCanSkate if your child is 3-5 years of age and has limited experience with skating. Hockey helmets are mandatory.

**CanSkate** – Register for CanSkate if your child is able to stand up and move independently on the ice or if your child had previously completed PreCanSkate or CanSkate levels. Hockey helmets are mandatory.

**Teen/Adult CanSkate** - For teens and adults wanting to learn to skate or improve their skills in a safe, fun, and welcoming environment. Hockey helmets are mandatory.

**Equipment** – all skaters **MUST** wear a CSA approved hockey helmet. Others such as ski and bike helmets are not permitted. For other information such as good fitting skates, please see <https://vvsc.ca/canskate/>

## FALL

DAY	PROGRAM	TIME	DATES	DESCRIPTION	COST*
MONDAY	CanSkate	6:00-6:45 pm	Oct 2 – Dec 11, 2023 (no skating: Oct 9)	10 sessions 45 minutes Group lesson	\$165
	PreCanSkate	6:10-6:40 pm	Oct 2 – Dec 11, 2023 (no skating: Oct 9)	10 sessions 30 minutes Group lesson	\$165
	Teen/Adult CanSkate	6:45-7:15 pm	Oct 2 – Dec 11, 2023 (no skating: Oct 9)	10 sessions 30 minutes Group lesson	\$165
TUESDAY	CanSkate	5:45-6:30 pm	Oct 3 – Dec 12, 2023 (no skating: Oct 31)	10 sessions 45 minutes Group lesson	\$165
	PreCanSkate	5:55-6:25 pm	Oct 3 – Dec 12, 2023 (no skating: Oct 31)	10 sessions 30 minutes Group lesson	\$165
WEDNESDAY	CanSkate	4:45-5:30 pm	Oct 4 – Dec 6, 2023	10 sessions 45 minutes Group lesson	\$165
	PreCanSkate	4:55-5:25 pm	Oct 4 – Dec 6, 2023	10 sessions 30 minutes Group lesson	\$165
THURSDAY	CanSkate	5:45-6:30 pm	Oct 5 – Dec 7, 2023	10 sessions 45 minutes Group lesson	\$165
	PreCanSkate	5:55-6:25 pm	Oct 5 – Dec 7, 2023	10 sessions 30 minutes Group lesson	\$165
FRIDAY AM	PreCanSkate Only	9:30-10:00 am	Oct 6 – Dec 8, 2023	10 sessions 30 minutes Group lesson	\$165

\*Yearly membership will be added to first registration: \$65 valid Sept 1, 2023-Aug 31, 2024

# WINTER

DAY	PROGRAM	TIME	DATES	DESCRIPTION	COST*
MONDAY	CanSkate	6:00-6:45 pm	Jan 8 - Mar 11, 2024 (no skating Feb 19)	9 sessions 45 minutes Group lesson	\$148.50
	PreCanSkate	6:10-6:40 pm	Jan 8 - Mar 11, 2024 (no skating Feb 19)	9 sessions 30 minutes Group lesson	\$148.50
	Teen/Adult CanSkate	6:45-7:15 pm	Jan 8 - Mar 11, 2024 (no skating Feb 19)	9 sessions 30 minutes Group lesson	\$148.50
TUESDAY	CanSkate	5:45-6:30 pm	Jan 9 - Mar 12, 2024	10 sessions 45 minutes Group lesson	\$165
	PreCanSkate	5:55-6:25 pm	Jan 9 - Mar 12, 2024	10 sessions 30 minutes Group lesson	\$165
WEDNESDAY	CanSkate	4:45-5:30 pm	Jan 10 - Mar 13, 2024	10 sessions 45 minutes Group lesson	\$165
	PreCanSkate	4:55-5:25 pm	Jan 10 - Mar 13, 2024	10 sessions 30 minutes Group lesson	\$165
THURSDAY	CanSkate	5:45-6:30 pm	Jan 11 - Mar 14, 2024	10 sessions 45 minutes Group lesson	\$165
	PreCanSkate	5:55-6:25 pm	Jan 11 - Mar 14, 2024	10 sessions 30 minutes Group lesson	\$165
FRIDAY AM	PreCanSkate only	9:30-10:00 am	Jan 12 – Mar 15, 2024	10 sessions 30 minutes Group lesson	\$165

\*Yearly membership may apply: \$65 valid Sept 1, 2023-Aug 31, 2024