



# 2024-2025 TEEN and ADULT CanSkate



All lessons are at VALLEYVIEW ARENA.

For teens and adults wanting to learn to skate or improve their skills in a safe, fun, and welcoming environment.

Minimum age requirement is 14 years.

CSA approved Helmets are mandatory. (Others such as bike and ski helmets are not permitted).

DAY	PROGRAM	TIME	DATES	DESCRIPTION	COST*
MONDAYS	FALL 2024	6:45-7:30 pm	Sept 23–Dec 16, 2024  (no skating: Sept 30, Oct 14, Nov 11)	10 sessions 45 minutes Group lesson	\$165
	WINTER 2025	6:45-7:30 pm	Jan 6 - Mar 10, 2025  (No skating Feb 17)	9 sessions 45 minutes Group lesson	\$148.50

**\*Yearly membership will be added to first registration: \$65 valid Sept 1, 2024 - Aug 31, 2025**