



2024-2025 CanSkate



Skate Canada

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 (14+) 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://vpsc.ca/canskate>

FALL

DAY	PROGRAM	TIME	DATES	DESCRIPTION	COST*
MONDAY	CanSkate	6:00-6:45 pm	Sept 23 – Dec 16, 2024 (no skating: Sept 30, Oct 14, Nov 11)	10 sessions 45 minutes Group lesson	\$165
	PreCanSkate	6:10-6:40 pm	Sept 23 – Dec 16, 2024 (no skating: Sept 30, Oct 14, Nov 11)	10 sessions 30 minutes Group lesson	\$165
	Teen/Adult CanSkate	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
TUESDAY	CanSkate	5:45-6:30 pm	Sept 24 – Nov 26, 2024	10 sessions 45 minutes Group lesson	\$165
	PreCanSkate	5:55-6:25 pm	Sept 24 – Nov 26, 2024	10 sessions 30 minutes Group lesson	\$165
WEDNESDAY	CanSkate	4:45-5:30 pm	Sept 25 – Nov 27, 2024	10 sessions 45 minutes Group lesson	\$165
	PreCanSkate	4:55-5:25 pm	Sept 25 – Nov 27, 2024	10 sessions 30 minutes Group lesson	\$165
THURSDAY	CanSkate	6:00-6:45 pm	Sept 26 – Dec. 5 (no skating: Oct 31)	10 sessions 45 minutes Group lesson	\$165
	PreCanSkate	6:10-6:40 pm	Sept 26 – Dec. 5 (no skating: Oct 31)	10 sessions 30 minutes Group lesson	\$165
FRIDAY AM	PreCanSkate Only	9:30-10:00 am	Sept 27 – Dec 13, 2024 (no skating: Oct 4, Nov 22)	10 sessions 30 minutes Group lesson	\$165

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

WINTER

DAY	PROGRAM	TIME	DATES	DESCRIPTION	COST*
MONDAY	CanSkate	6:00-6:45 pm	Jan 6 - Mar 10, 2025 (no skating Feb 17)	9 sessions 45 minutes Group lesson	\$148.50
	PreCanSkate	6:10-6:40 pm	Jan 6 - Mar 10, 2025 (no skating Feb 17)	9 sessions 30 minutes Group lesson	\$148.50
	Teen/Adult CanSkate	6:45-7:30 pm	Jan 6 - Mar 10, 2025 (no skating Feb 17)	9 sessions 45 minutes Group lesson	\$148.50
TUESDAY	CanSkate	5:45-6:30 pm	Jan 7 - Mar 11, 2025	10 sessions 45 minutes Group lesson	\$165
	PreCanSkate	5:55-6:25 pm	Jan 7 - Mar 11, 2025	10 sessions 30 minutes Group lesson	\$165
WEDNESDAY	CanSkate	4:45-5:30 pm	Jan 8 - Mar 12, 2025	10 sessions 45 minutes Group lesson	\$165
	PreCanSkate	4:55-5:25 pm	Jan 8 - Mar 12, 2025	10 sessions 30 minutes Group lesson	\$165
THURSDAY	CanSkate	6:00-6:45 pm	Jan 9 - Mar 13, 2025	10 sessions 45 minutes Group lesson	\$165
	PreCanSkate	6:10-6:40 pm	Jan 9 - Mar 13, 2025	10 sessions 30 minutes Group lesson	\$165
FRIDAY AM	PreCanSkate only	9:30-10:00 am	Jan 10 – Mar 14, 2025	10 sessions 30 minutes Group lesson	\$165

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