



2025-2026 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 2025	7:30-7:45 pm off ice and 8:00-8:30 pm on ice	Sept 29–Dec 8, 2025 (no skating Oct 13)	10 sessions 45 minutes (15 min off ice + 30min on ice) Group lesson	\$175
	WINTER 2026	7:30-7:45 pm off ice and 8:00-8:30 pm on ice	Jan 5 - Mar 9, 2026 (No skating Feb 16)	9 sessions 45 minutes (15 min off ice + 30min on ice) Group lesson	\$158

***Yearly membership will be added to first registration: \$65 valid Sept 1, 2025 - Aug 31, 2026**