



2025-2026 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.

CanSkate (5/6) – Register for CS(5/6) if your child is working on the final stages of CanSkate – must have completed their level 4 badge and been invited by the coach. 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://vvsc.ca/canskate>

FALL

DAY	PROGRAM	TIME	DATES	DESCRIPTION	COST*
MONDAY	CanSkate	4:45-5:30 pm	Sept 29 – Dec 8, 2025 (no skating: Oct 13)	10 sessions 45 minutes Group lesson	\$175
	PreCanSkate	4:55-5:25 pm	Sept 29 – Dec 8, 2025 (no skating: Oct 13)	10 sessions 30 minutes Group lesson	\$175
	Teen/Adult CanSkate	7:30-7:45 pm off ice and 8:00-8:30 on ice	Sept 29 – Dec 8, 2025 (no skating: Oct 13)	10 sessions 15 off ice + 30 on ice minutes Group lesson	\$175
TUESDAY	CanSkate	5:30-6:15 pm	Oct 7 – Dec 16, 2025 (no skating: Sept 30, Nov 11)	10 sessions 45 minutes Group lesson	\$175
	PreCanSkate	5:40-6:05 pm	Oct 7 – Dec 16, 2025 (no skating: Sept 30, Nov 11)	10 sessions 30 minutes Group lesson	\$175
	CS (5/6)	4:30-5:15 pm	Oct 7 – Dec 16, 2025 (no skating: Sept 30, Nov 11)	10 sessions 45 minutes Group lesson	\$175
WEDNESDAY	CanSkate	4:45-5:30 pm	Oct 1 – Dec 3, 2025	10 sessions 45 minutes Group lesson	\$175
	PreCanSkate	4:55-5:25 pm	Oct 1 – Dec 3, 2025	10 sessions 30 minutes Group lesson	\$175
THURSDAY	CanSkate	5:45-6:30 pm	Oct 2 – Dec 4, 2025	10 sessions 45 minutes Group lesson	\$175
	PreCanSkate	5:55-6:25 pm	Oct 2 – Dec 4, 2025	10 sessions 30 minutes Group lesson	\$175
	CS (5/6)	4:45-5:30 pm	Oct 2 – Dec 4, 2025	10 sessions 45 minutes Group lesson	\$175
FRIDAY AM	PreCanSkate Only	9:30-10:00 am	Oct 3 – Dec 5, 2025	10 sessions 30 minutes Group lesson	\$175

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

WINTER

DAY	PROGRAM	TIME	DATES	DESCRIPTION	COST*
MONDAY	CanSkate	4:45-5:30 pm	Jan 5 - Mar 9, 2026 (no skating Feb 16)	9 sessions 45 minutes Group lesson	\$158
	PreCanSkate	4:55-5:25 pm	Jan 5 - Mar 9, 2026 (no skating Feb 16)	9 sessions 30 minutes Group lesson	\$158
	Teen/Adult CanSkate	7:30-7:45 pm off ice and 8:00-8:30 on ice	Jan 5 - Mar 9, 2026 (no skating Feb 16)	sessions 15 off ice + 30 on ice minutes Group lesson	\$158
TUESDAY	CanSkate	5:30-6:15 pm	Jan 6 - Mar 10, 2026	10 sessions 45 minutes Group lesson	\$175
	PreCanSkate	5:40-6:05 pm	Jan 6 - Mar 10, 2026	10 sessions 30 minutes Group lesson	\$175
	CS (5/6)	4:30-5:15 pm	Jan 6 - Mar 10, 2026	10 sessions 45 minutes Group lesson	\$175
WEDNESDAY	CanSkate	4:45-5:30 pm	Jan 7 - Mar 11, 2026	10 sessions 45 minutes Group lesson	\$175
	PreCanSkate	4:55-5:25 pm	Jan 7 - Mar 11, 2026	10 sessions 30 minutes Group lesson	\$175
THURSDAY	CanSkate	6:00-6:45 pm	Jan 8 - Mar 12, 2026	10 sessions 45 minutes Group lesson	\$175
	PreCanSkate	6:10-6:40 pm	Jan 8 - Mar 12, 2026	10 sessions 30 minutes Group lesson	\$175
	CS (5/6)	4:45-5:30 pm	Jan 8 - Mar 12, 2026	10 sessions 45 minutes Group lesson	\$175
FRIDAY AM	PreCanSkate only	9:30-10:00 am	Jan 9 – Mar 13, 2026	10 sessions 30 minutes Group lesson	\$175

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