

**2019/2020 CANSkate, Pre-CANSkate, and Adult CANSkate
FALL/WINTER SCHEDULE**

***See below for class descriptions.**

MONDAY	WEDNESDAY	SATURDAY
CANSkate	CANSkate/Adult CANSkate	CANSkate/Adult CANSkate
6:00-6:45PM: On Ice Session	6:00-6:45PM: On Ice Session	11:30AM-12:15PM: On Ice Session
Pre-CANSkate	Pre-CANSkate	Pre-CANSkate
6:15-6:25PM: Off Ice Warm Up	6:00-6:15PM: Off Ice Warm Up	11:30AM-11:45AM: Off Ice Warm Up
6:15-6:45PM: On Ice Session	6:15-6:45PM: On Ice Session	11:45AM-12:15PM: On Ice Session

CANSkate On Ice Sessions: Skaters will start with a 5min warm up around the 'Fast Track' and then rotate through stations focusing on the three fundamental areas of 'Balance, Control, and Agility'. Skaters will use the 'Fast Track' in between stations to build their speed. At the end of each session, skaters will participate in a 'Group Activity', such as the 'Chicken Dance' or 'Move and Freeze' and end with a Cool Down.

Pre-CANSkate Off Ice Warm Up: Held in the dressing rooms, skaters will participate in a 10min warm up that includes dynamic stretching, walking through on-ice skills, such as learning how to fall and get up properly, jumping, and balancing. Fun warm up games will also be played to motivate and engage the skaters! Skaters should be dressed with skates and helmets on.

Skaters MUST have blade covers (soft or hard) to participate in the off ice warm up. (No parents allowed in the dressing room during warm time due to limited space.)