



## 2020/2021 FALL/WINTER: CANSkate and Adult/Teen Skate Schedule

\*See below for class descriptions

MONDAY	WEDNESDAY	SATURDAY
<b>PreCANSkate</b>	<b>PreCANSkate</b>	<b>PreCANSkate</b>
Not available at this	Not available at this	Not available at this time.
<b>CANSkate</b>	<b>CANSkate</b>	<b>CANSkate</b>
6:00-6:45PM: On Ice Session	6:00-6:45PM: On Ice Session	11:30AM-12:15PM: On Ice Session
<b>Adult/Teen Skate</b>	<b>Adult/Teen Skate</b>	<b>Adult/Teen Skate</b>
6:00-6:45PM: On Ice Session	6:00-6:45PM: On Ice Session	11:30AM-12:15PM: On Ice Session

**CANSkate On Ice Sessions:** Skaters will start with a 5 minute 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.

**PreCANSkate due to social distancing rules will not be available at this time.**

All those who are at least 3 years old, are able to fall down, stand up and move forward unassisted are encouraged to register in the CANSkate program. Additional assistance will be provided to any younger and less experienced skaters, as needed in this program. Please contact the CANSkate Coordinator ([figure8skatingclub@gmail.com](mailto:figure8skatingclub@gmail.com)) if there are additional questions.