

## Summer 2023 Pre-CanSkate, CanSkate and Pre-Power Skating Programs



### Pre-CanSkate/Canskate:

For ages 3+ working on stages 1 to 4 of the CanSkate program. The CanSkate program focuses on basic skating skills and fundamental movements such as how to go forward, go backward, stop, turn, spin and jump. This program emphasizes fun and continuous movement giving the best foundation for all ice sports such as figure skating, hockey, ringette, speed skating or recreational skating.

Dates/Times	# of Weeks	# of Sessions	Location	Cost
<b>July 17<sup>th</sup> - 20<sup>th</sup></b> Monday to Thursday 5:30-6:15pm	1	4	Cooperators Arena	\$90
<b>Aug 8<sup>th</sup> - 10<sup>th</sup></b> Tuesday to Thursday 5:15-6:00pm <b>Aug 11<sup>th</sup></b> Friday 5:30-6:15pm	1	4	Cooperators Arena	\$90

### Pre-Power:

Geared towards young skaters ages 4-7 interested in hockey or ringette. This program helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. Skaters must wear full equipment (including sticks).

Dates/Times	# of Weeks	# of Sessions	Location	Cost
<b>July 3<sup>rd</sup> - 6<sup>th</sup></b> Monday to Thursday 5:30-6:15	1	4	Cooperators Arena	\$90