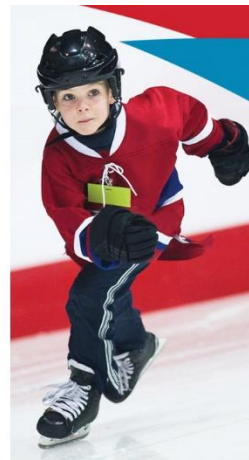


Summer 2021 Group Programming



▪ 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. **Skaters must be able to fall down/get up & skate the width of the ice unassisted.**

Dates/Times	# of Weeks	# of Sessions	Location	Cost
July 19th-22nd Monday to Thursday 6:00-6:45pm	1	4	Cooperators Arena	\$80
Aug 9th-12th Monday to Thursday 5:00-5:45pm	1	4	Cooperators Arena	\$80

▪ Parent Assisted CanSkate

For ages 2-5 or for those who do not meet the above requirements. This program allows the skater to go on the ice with a parent/guardian that will also have skates on. You and your skater will follow the same structured CanSkate session as the other skaters.

Dates/Times	# of Weeks	# of Sessions	Location	Cost
July 19th-22nd Monday to Thursday 6:00-6:45pm	1	4	Cooperators Arena	\$80
Aug 9th-12th Monday to Thursday 5:00-5:45pm	1	4	Cooperators Arena	\$80

▪ 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). **Skaters must be able to fall down/get up & skate the width of the ice unassisted.**

Dates/Times	# of Weeks	# of Sessions	Location	Cost
July 5th-8th Monday to Thursday 5:45-6:30	1	4	Cooperators Arena	\$80