



## **SPSC WINTER REC PROGRAMMING JANUARY-MARCH 2023**

*\*Programs run at Glen Allan Rec Center (GARC) and Millennium Place (MP)*



### **CANSKATE SESSIONS (CS): \*Skaters ages 5-15**

- CS #1- SATURDAY- 10:00-10:45 (GARC) JAN 7-MAR 18
- CS #2- SATURDAY- 11:00- 11:45 (GARC) JAN 7-MAR 18
- CS #3- TUESDAY- 5:45-6:30 (MP) JAN 10- MAR 14
- CS #4- WEDNESDAY- 6:00-6:45 (MP) JAN 11- MAR 15
- CS #5- THURSDAY- 6:30-7:15 (MP) JAN 12-MAR 23



**PRE-CAN SESSIONS (PRE-CS): \*Skaters ages 3-4**

PRE-CS #1- SATURDAY- 10:00-10:30 (GARC) JAN 7-MAR 18  
PRE-CS #2- SATURDAY- 11:00- 11:30 (GARC) JAN 7- MAR 18  
PRE-CS #3- TUESDAY- 5:45-6:15 (MP) JAN 10- MAR 14  
PRE-CS #4- WEDNESDAY- 6:00-6:30 (MP) JAN 11- MAR 15  
PRE-CS #5- THURSDAY- 6:30-7:00 (MP) JAN 12- MAR 23



**POWERSKATE SESSIONS (PS):**

**\*Skaters will be grouped according to age criteria of the program**

PS #1- FRIDAY- 6:15-7:15 (GARC) JAN 13- MAR 17  
PS #2- FRIDAY- 7:15-8:15 (GARC) JAN 13-MAR 17  
PS #3-SPMHA-WEDNESDAY- 4:15-5:00 (MP) JAN 11- MAR 15  
PS #4- SPMHA-WEDNESDAY- 5:00-5:45 (MP) JAN 11- MAR 15  
PS #5- SPMHA-THURSDAY- 5:30-6:30 (MP) JAN 12- MAR 23