



## **SPSC 2023 FALL REC PROGRAMMING SEPTEMBER 15TH- DECEMBER 19TH 2023**

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



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

- CS #1- SATURDAY- 10:15-11:00 (GARC) SEPT 16-DEC 16 (NO NOV.11)
- CS #2- SATURDAY- 11:00- 11:45 (GARC) SEPT 16-DEC 16 (NO NOV.11)
- CS #3- TUESDAY- 6:45-7:30 (GARC) SEPT19- DEC 19 (NO OCT 31)
- CS #4- WEDNESDAY- 6:00-6:45 (MP) SEPT 20- DEC 13
- CS #5- THURSDAY- 6:30-7:15 (MP) SEPT 21- DEC 14



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

PRE-CS #1- SATURDAY- 10:15-10:45 (GARC) SEPT 16-DEC 16 (NO NOV.11)

PRE-CS #2- SATURDAY- 11:00-11:30 (GARC) SEPT 16-DEC 16 (NO NOV.11)

PRE-CS #3- TUESDAY- 6:45-7:15 (GARC) SEPT19- DEC 19 (NO OCT 31)

PRE-CS #4- WEDNESDAY- 6:00-6:30 (MP) SEPT 20- DEC 13

PRE-CS #5- THURSDAY- 6:30-7:00 (MP) SEPT 21- DEC 14



**POWERSKATE SESSIONS (PS):**

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

PS #1- FRIDAY- 6:15-7:15 (GARC) SEPT 15- DEC 15

PS #2- FRIDAY- 7:15-8:15 (GARC) SEPT 15- DEC 15

PS #3-SPMHA-WEDNESDAY- 4:15-5:00 (MP) SEPT 20- DEC 13

PS #4- SPMHA-WEDNESDAY- 5:00-5:45 (MP) SEPT 20- DEC 13

PS #5- SPMHA-THURSDAY- 5:30-6:30 (MP) SEPT 21- DEC 14