





# November



## CANSkate Schedule – Super Heroes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	<b>Chicken &amp; Pizza Orders arrive!</b> Carrie – Balance Brookelyn – PreCan Trisha - Control	6	7 Trisha – Agility Brookelyn – Balance Katty – Control			9
11	12 Carrie – Control Sarah – Agility Trisha - PreCan	13	14 Trisha – Balance Sarah – Control Katty – Agility			16
18	19 Carrie – PreCan Sarah – Balance Trisha - Agility	20	21 Trisha – Control Sarah – Agility Katty – Balance	22	23	24
25	26 Brookelyn – Balance Sarah – PreCan Trisha - Control	27	28 <b>Super Hero FUN DAY!</b> <b>We will have 3 fun stations for the skaters!</b>	29	30	

\*A reminder that assessment is ongoing! Each practice the skaters are being assessed on the skills that they are and have learned! Each group has two stages (1&2, 3&4 and 5&6) which skaters will work on both of these levels to improve on the quality of the elements and to learn more difficult elements as well! We hope you are enjoying the program and if you have any questions please let us know!

Super Hero Day skaters can dress up as a favourite super hero or come up with their own super hero! Helmets must be worn (up to stage 5), no long capes or masks!