

# *ADULT DROP IN SKATING SESSIONS*

## **ADULT Drop In Sessions**

Drop in for an introduction to skating and tips from Learn to Skate instructors as they guide you in basic skating skills of balance, speed, and agility. This is the perfect introduction to the ice for those interested in joining Canlan programming offered at Burnaby 8 Rinks. Cancelled or moved sessions for Canlan events will be posted!

Nov 3, 2018 to May 11, 2019

Saturdays

12:15 pm—1:00 pm

Skate Canada Rink (Rink 8)

Drop in Fee \$15, or \$125 for 10 Sessions

Rentals: Skates \$2, Helmets \$1 available



For more information contact the  
CHAMPS INTERNATIONAL SKATING CENTRE OF BRITISH  
COLUMBIA ADMIN OFFICE  
604-291-0626 Ext 258 or 778-331-3932  
[champsinternational@icesports.com](mailto:champsinternational@icesports.com)  
CANLAN ICESPORTS/BURNABY 8 RINKS