



Skate Canada presents:

Skate for All

An event and workshops for skaters of all abilities, including para skaters.

Save the Date: March 16 – 18, 2022

Location: Canlan Arena (York University) 989 Murray Ross Pkwy, North York, ON

March 16: Classification of para-athletes

March 17: Workshops (Presenters TBD)

| Time | Location | Workshop |
|-------|------------|---|
| 8:30 | Lobby | Registration & Information |
| 9:00 | Classroom | Fitness Development |
| 10:00 | Break | |
| 10:15 | Classroom | Nutrition/Sleep/Hydration |
| 11:15 | Break | |
| 11:30 | Classroom | Lunch & Panel Discussion – Experiences in the field |
| 12:45 | Skates on | |
| 13:00 | On Ice | Edge/Turn/Power |
| 13:30 | Break | |
| 13:40 | On Ice | Jumps and Spins |
| 14:20 | Break | |
| 14:30 | On Ice | Performance and Creative Movement |
| 15:15 | Skates off | |
| 15:30 | Classroom | Yoga |
| 16:30 | Wrap up | |

March 18: Event/Competition Day