



**Skate Canada presents:**

# **Skate for All**

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

**Save the Date: March 25 – 26, 2023**

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

**Note:** Classification of para skaters will take place on **Friday, March 24**

**March 25: Workshops (Presenters TBD)**

<b>Time</b>	<b>Location</b>	<b>Workshop</b>
<b>8:30</b>	Lobby	Registration & Information
<b>9:00</b>	<b>Classroom</b>	Fitness Development
<b>10:00</b>	Break	
<b>10:15</b>	<b>Classroom</b>	Nutrition/Sleep/Hydration
<b>11:15</b>	Break and Lunch	
<b>11:30</b>	<b>Classroom</b>	Lunch & Panel Discussion – Experiences in the field
<b>12:15</b>	Skates on	
<b>12:30</b>	<b>On Ice</b>	Edge/Turn/Power
<b>13:10</b>	Break	
<b>13:20</b>	<b>On Ice</b>	Jumps and Spins
<b>14:10</b>	Break	
<b>14:20</b>	<b>On Ice</b>	Performance and Creative Movement
<b>14:50</b>	Skates off	
<b>15:15</b>	<b>Classroom</b>	<b>Yoga</b>
<b>16:15</b>	Wrap up	

**March 26: Event/Competition Day**