

SKATING

All ages

Lunch-Pail Gang...Ladies Noon Hour Hockey Development- Beginner Level

Ladies...want to learn how to play hockey? If you are new to the game, haven't played for a few years and want to touch up on your skills this program will teach you all the basic fundamentals of our nation's favorite game. Learn to pass, shoot, and score. Jersey included in fee.

Monday 11:30 – 12:45pm
Jan 16 - Apr 23 (13 classes)
(no class Feb 20 or March 26)
M 186 + GST NM \$232 + GST

Lunch-Pail Gang...Ladies Noon Hour Hockey Development- Intermediate – Advanced Level

Have the basics down and want to take your game another step? This program is designed to further develop your skills, incorporating flow and game action drills. Learn hockey systems, such as defensive zone coverage, offensive attacks, basic on-ice responsibilities, and positions. Take your game to the next level in this energetic program. Jersey included in fee.

Thursday 11:30 – 12:45pm
Jan 19 – Apr 26 (13 classes) (no class Feb 16 or Mar 29)
M \$186 + GST NM \$232 + GST

Power Skating and Recreational Hockey (7 – 12 yrs)

This power skating and recreational hockey combination program will help you increase the power and technique in your skating and hockey skills with fun, yet competitive hockey games. Each class will start with a half hour of power skating instruction working on stops, starts, forward and backward crossovers, followed by an organized game of hockey. Prerequisite: Level 4 Trico Learn to Skate
Equipment required: hockey helmet, neck guard, stick, hockey gloves, and shin pads.

Wednesday 4:15 – 5:30pm
Jan 18 - Feb 29 (7 classes)
March 7 - Apr 25 (7 classes)
(no class March 28)
M \$79 NM \$ 99

Adult Learn to Skate

For those adults who have always wanted to skate or just improve your skills - don't miss this program. Join our skating instructor for an hour of instruction and fun.

Friday 9:30 – 10:30am
Jan 20 - March 16 (8 classes) (no class Feb 17)
M \$90 + GST NM \$112 + GST



Tiny Mite Hockey (4 – 5 yrs and 6 – 8 yrs)

Now drafting new tiny mites to join our preschool power skating and hockey program! This program is for skaters who have successfully completed Preschool Level 4 or Youth Level 3 for (6-8yrs) of our preschool learn to skate program. The goal is to improve your speed and power in your skating technique and learn the fundamentals of hockey skills. This is not a Learn to Skate program. Hockey helmets, sticks, hockey gloves, and shin pads are required.

4-5 Yrs

Tuesday 2 - 2:45pm
January 17 – February 28 (7 classes)
March 6 – April 24 (7 classes)
(no class March 27)
M \$68 (7 classes) \$77 (8 classes)
NM \$85 (7 classes) \$96 (8 classes)

6-8 Yrs

Tuesday 4:00 – 5:00pm
January 17 – February 28 (7 classes)
March 6 – April 24 (7 classes)
(no class March 27)
M \$68 (7 classes) NM \$85 (7 classes)



General Skating Information

All skating programs are held in the Spindle, Stairs & Railings Arena. All participants must bring sharpened skates and must wear a proper fitted hockey or ski helmet. Bicycle helmets are prohibited for safety reasons. Mittens and snowpants are suggested.

Parent & Tot (2 – 4 yrs)

Level 1: Tots first time on skates, unable to stand.
Level 2: Tots must be able to get up and stand alone without assistance.

Preschool Learn to Skate (4-5 yrs)

A very popular five-level skating instructional program designed for preschoolers. A progress report will be issued on the last day.

Preschool Level 1

For preschoolers who are on skates for the first time and unable to stand on the ice. Parents may be required to assist their child with the first lesson.

Preschool Level 2

For preschoolers who are able to stand up and push with alternating feet across the width of the ice: Prerequisite: Preschool Level 1.

Preschool Level 3

For preschoolers who are able to forward glide, snowplow, stop and move backwards. Prerequisite: Preschool Level 2.

Preschool Level 4/5

Preschooler must be able to push and glide across the ice and stop. Child must be able to backward skate across the width of the ice: Prerequisite: Preschool Level 3.

Youth Learn to Skate (6 – 12 yrs)

Level 1A – Level 6

This is a highly recognized program that is fun, safe, and offers progressive instruction and levels. We offer a low instructor-to-skater ratio to maximize individual attention and learning. A progress report will be issued on the final class.

Youth Level 1A

For the child who is on skates for the first time and is unable to stand on the ice.

Youth Level 1B

For the child who is able to stand and march across the width of the ice.

Youth Level 2

Child must be able to push and glide across the width of the ice without falling and is able to stop.

Youth Level 3

Child must be able to push and glide with alternate feet, forwards and backwards across the width of the ice & snow plow stop. Prerequisite: Level 2

Youth Level 4

Prerequisite: Level 3

Youth Level 5/6

Prerequisite: Level 4

WINTER SKATING LESSON FEES

| Number of Classes | 6 | | 7 | | 8 | | 10 | |
|------------------------|------|------|------|------|------|-------|-------|-------|
| | M | NM | M | NM | M | NM | M | NM |
| Parent & Tot Level 1&2 | \$48 | \$60 | \$56 | \$70 | \$64 | \$80 | \$80 | \$100 |
| Preschool Level 1- 5 | \$48 | \$60 | \$56 | \$70 | \$64 | \$80 | \$80 | \$100 |
| Youth Level 1A &1B | \$48 | \$60 | \$56 | \$70 | \$64 | \$80 | \$80 | \$100 |
| Youth Level 2-6 | \$60 | \$75 | \$70 | \$88 | \$80 | \$100 | \$100 | \$125 |



Skating Program Schedule

Tuesday

Jan 17 – Feb 28 (7 classes)
Mar 6 – Apr 24 (7 classes)
(no class March 27)

| | |
|----------------|------------|
| Parent & Tot 1 | 1:30 – 2pm |
|----------------|------------|

Tuesday/Thursday

Jan 17 – Feb 2 (6 classes)
Feb 7 – Feb 28 (7 classes)
Mar 1 – Mar 22 (7 classes)

| | |
|---------------|----------|
| Preschool 1 | 1:30-2pm |
| Preschool 2 | 2-2:30pm |
| Preschool 3 | 2:30-3pm |
| Preschool 4/5 | 2-2:30pm |



Wednesday

Jan 18 – Feb 29 (7 classes)
March 7 – April 25 (7 classes)

| | |
|----------------|-----------------|
| Parent & Tot 1 | 9:15 – 9:45am |
| Parent & Tot 2 | 9:45 – 10:15am |
| Preschool 1 | 9:15 – 9:45am |
| Preschool 2 | 9:45 – 10:15am |
| Preschool 3 | 10:15 – 10:45am |
| Preschool 4/5 | 10:15 – 10:45am |



Fridays

January 20 – March 16
(8 classes) (no class Feb 17)

| | |
|----------------|--------------------------------|
| Parent & Tot 1 | 5:15 – 5:45pm |
| Parent & Tot 2 | 5:45 – 6:15pm |
| Preschool 1 | 4:15 – 4:45pm 4:45 – 5:15pm |
| Preschool 2 | 4:15 – 4:45pm 5:45 – 6:15pm |
| Preschool 3 | 4:45 – 5:15pm |
| Preschool 4/5 | 5:15 – 5:45pm |
| Youth 1A | 4:15 – 4:45pm 5:15 – 5:45pm |
| Youth 1B | 4:45 – 5:15pm 5:45 – 6:15pm |
| Youth 2 | 4:15 – 5:15pm 5:15 – 6:15pm |
| Youth 3 | 4:15 – 5:15pm 5:15 – 6:15pm |
| Youth 4 | 4:15 – 5:15pm |
| Youth 5/6 | 5:15 – 6:15pm |



Saturday

Jan 14 – March 24 (10 classes)
(no class Feb 18)

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|----------------|--|
| Parent & Tot 1 | 10:15 – 10:45 am 11:15 – 11:45 am |
| Parent & Tot 2 | 10:45 – 11:15 am 12:15 – 12:45 pm |
| Preschool 1 | 10:15 – 10:45 am 11:15 – 11:45 am 11:45 – 12:15 pm |
| Preschool 2 | 10:15- 10:45 am 11:15 – 11:45 am 12:15 – 12:45 pm |
| Preschool 3 | 10:15 – 10:45am 12:15 – 12:45pm |
| Preschool 4/5 | 10:45 – 11:15am |
| Youth 1A | 10:15 – 10:45am 10:45 – 11:15am 12:15 – 12:45pm |
| Youth 1B | 10:45-11:15am 11:45 – 12:15pm |
| Youth 2 | 10:15 – 11:15am 11:45 – 12:45pm |
| Youth 3 | 10:45 – 11:45am 11:45 – 12:45pm |
| Youth 4 | 11:15 – 12:15pm |
| Youth 5/6 | 11:15 – 12:15pm |

Sunday

January 15 – March 25 (10 classes)
(no class Feb 19)

| | |
|----------------|--|
| Parent & Tot 1 | 9:15 – 9:45am 10:15 – 10:45am |
| Parent & Tot 2 | 9:45 – 10:15am 10:45 – 11:15am |
| Preschool 1 | 9:15 – 9:45am 9:45 – 10:15am 10:15 – 10:45am |
| Preschool 2 | 9:15 – 9:45am 10:45 – 11:15am |
| Preschool 3 | 9:45 – 10:15am 10:45 – 11:15am |
| Preschool 4/5 | 9:45 – 10:15am |
| Youth 1A | 9:15 – 9:45am 10:15 – 10:45am |
| Youth 1B | 9:15 – 9:45am 9:45 – 10:15am |
| Youth 2 | 10:15 – 11:15am |
| Youth 3 | 10:15 – 11:15am |

