

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)

