

Skating Description Chart

Skating Lessons		
Activity	Age	Description
Parent and Child Skating 30 min	3 years to 5 years	This program introduces the basics of skating skills to the child with the assistance of the parent on ice. Adult and child must wear skates. CSA approved hockey helmet is mandatory for the child and recommended for the adult. Adult must be able to skate. One adult per child. No bob skates.
Preschool Skating 30 min	4 years to 6 years	Beginners welcomed. CSA approved hockey helmet is mandatory. Face mask is recommended. These preschoolers will have fun while learning beginner to advanced skating skills. Children are divided into lesson groups according to their skating ability.
Semi Private Preschool Skating 30 min	4 years to 6 years	Reduced class size. Beginners welcomed. CSA approved hockey helmet is mandatory. Face mask is recommended. These preschoolers will have fun while learning beginner to advanced skating skills. Children are divided into lesson groups according to their skating ability in a reduced class size.
Junior Skating 50 min	6 years to 13 years	Beginners welcomed. Children are grouped according to their ability on the first day. Returning students please bring your progress card. CSA approved hockey helmet is mandatory. Face mask is recommended. All levels of Junior are taught in this program.
Junior Skating Level 5 50 min	6 years to 13 years	This program is combined with higher skating levels. Participants must complete Junior Skating level 4. CSA approved hockey helmet is mandatory.
Semi Private Junior Skating 30 min	6 years to 13 years	Same as Junior Skating; reduced class size. CSA approved hockey helmet is mandatory. Face mask is recommended. Beginners welcomed.
Intermediate Skating 50 min	6 years to 16 years	All skaters must have completed Junior level 5. Skaters work on edges, turns and crossovers. Participants can wear either figure skates or hockey skates.

Figure Skating Skills 50 min	9 years to 16 years	To register for this program you must have completed Intermediate Level 5 or be able to perform a waltz jump, inside three turns, backward inside edges, and backward stroking crossover turn pattern. Participants will continue to learn jumps, spins, dances and edge work. Figure skates are mandatory.
Teen Skating 50 min	12 years to 16 years	For teens wishing to improve their skating. Participants will be divided into groups according to their ability. Beginners welcomed. If you do not know how to stop competently, you must wear a CSA approved hockey helmet.
Mini Hockey Skating Skills 50 min	4 years to 6 years	An introduction to the skills and drills used in hockey. Participants must be able to skate the length of the ice with speed and be able to glide. Skills will be assessed the first day. CSA approved hockey helmet with face mask is mandatory. Hockey equipment is optional. Stick and puck are provided.
Introduction to Power Skating	6 years to 9 years	No previous hockey or power skating required. Participants must be able to skate forwards and stop competently or they should register in Junior Skating to acquire these skills. Participants are introduced to hockey skating skills and drills. Full equipment and hockey stick is required.
Girl's Power Skating	9 years to 15 years	For girls that play hockey or ringette! Exercises and circuits emphasis on strength and endurance incorporating hockey skating skills. Full equipment, CSA approved hockey helmet and stick are required.
Power Skating 50 min	6 years to 9 years	Full equipment and hockey stick are required. Designed for hockey players to help improve their basic skills, strength and endurance. Skaters must be competent in forward skating, backward skating and stopping. (House League Blue level or higher). Skaters will be screened the first day to assess their suitability for the program.
Power Skating 50 min	9 years to 13 years	Full equipment and hockey stick are required. Designed for hockey players to help improve their basic skills, strength and endurance. Skaters must be competent in forward skating, backward skating and stopping. (House league Blue level or higher) Skaters will be screened the first day to assess their suitability for the program.
Power Skating 50 min	13 years to 16 years	Full equipment and hockey stick are required. Designed for hockey players to help improve their basic skills, strength and endurance. Skaters must be competent in forward skating, backward skating and stopping. Skaters will be screened the first day to assess their suitability for the program.
Power Skating Plus	9 years to 13 years	Pucks are incorporated in skating skills drills. Full hockey equipment, CSA approved hockey helmet and stick is mandatory. Participants must have

50 min		completed Junior level 5 or play house league white level or higher.
Adult Skating 50 min	16 years and older	Beginners welcomed! For adults who want to learn or improve their forward skating, backward skating, turns and stopping. Skaters will be grouped according to experience. CSA hockey helmet is mandatory if you can not stop competently.
Adult Practice Session 30 min	16 years and older	Excellent opportunity to practice your skills you have been taught in your lesson. Instructors available during this practice session to provide tips. This program is open to all adults wishing to practice their skating skills. No group lesson provided. CSA hockey helmet is mandatory if you can not stop competently.
Adult Cardio Skate 50 min	16 years and older	A fast-paced skate session using the entire ice surface incorporating skating skill drills with music. A definite workout! To register for this program you must be a competent forward and backward skater, be able to turn forward and backward.
Adult Ice Dancing 50 min	16 years and older	Must be comfortable skating forward and backward. Qualified dance professional has designed a program to introduce basic skating edges while incorporating it to music and rhythm.
Adult Ice Dancing Advanced 50 min	16 years and older	Skaters must have previous ice dancing experience. Junior Bronze dance levels and higher. Qualified dance professional has designed program to incorporate dance moves, turns and patterns incorporating music and rhythm.
Women's Power Skating	16 years and older	For women only! A great cardio workout for women who play hockey and want to sharpen up their skating skills! Exercise and circuits emphasis on strength and endurance incorporating hockey skating skills. Full equipment, CSA hockey helmet and stick are required.
Adult Power Skating 50 min	16 years and older	A great cardio workout for adults who play hockey and want to sharpen up their skating skills. Vigorous workout with emphasis on strength and endurance. Full equipment and stick required.
Adult Power Skating Advanced 50 min	16 years and older	This program is for the adult hockey player that is playing in an organized league and has experience with previous power skating. Hockey participant must be competent at both forward and backward skating and are able to perform crossovers and stop both ways. The program is designed for the adult hockey player that is wishing to increase development in their skating skills, stamina and agility on ice. Full hockey equipment and stick is required.
Adult Power	16 years	Pucks are incorporated in skating skills drills. Full hockey equipment, CSA

Skating Plus 50 min	and older	approved hockey helmet and stick is mandatory. This program is for the adult hockey player that is playing in an organized league and has experience with previous power skating.
Hockey Instructional Programs		
Mini Hockey Skills	4 to 6 years	A perfect introduction to hockey for your little one – skating, shooting, passing. Participants must be able to skate the length of the ice with speed and be able to glide. Skills will be assessed the first day. FULL HOCKEY EQUIPMENT including a CSA approved hockey helmet and full face mask is required for this program.
Hockey Shooting Training	7 to 9 years, 10 to 13 years	Make every shot count and increase your scoring potential. This class will perfect your shooting technique. Improve your quickness, accuracy and speed in each and every shot. Program will take place on ice and participants are required to wear FULL HOCKEY EQUIPMENT. Must be able to skate forward, perform crossovers and stop.
Hockey Shooting Training For Women or Men	18 +	Make every shot count and increase your scoring potential. This class will perfect your shooting technique. Improve your quickness, accuracy and speed in each and every shot. Program will take place on ice and participants are required to wear FULL HOCKEY EQUIPMENT.
Hockey Conditioning Clinic	7 to 9 years, 10 to 13 years	This program is geared towards the player with previous hockey experience. Develop and perfect basic skills: skating, puck handling, passing, shooting and game play. Previous hockey experience recommended. Participants must be able to skate forward, backward and stop completely. Full equipment is required.
Hockey Pre Season Level 1	7 to 9 years, 10 to 13 years	This program is geared towards the house league player. The program will develop basic skills: skating, puck handling, passing, shooting and game play. Full equipment is required, must be able to skate forward, backward and stop completely.
Hockey Pre Season Level 2	7 to 9 years, 10 to 13 years	This clinic is geared to those players playing red level hockey or higher. Get your game back on track, working on passing, shooting, skating, puck handling, conditioning and game play. Full hockey equipment is required. Must be able to skate forward, backward, cross over and stop completely.
Hockey Skills for Beginners	7 to 9 years, 10 to 13 years	This program is designed for brand new players. The class will focus on skating, shooting, passing, rules and game play. If you have never played organized hockey, this is the program for you! Full equipment and hockey stick are required.
Hockey Men's Beginner	18 years and older	Prepare to play in an organized hockey league. Learn the rules of hockey, passing, puck handling and shooting. This program will also help improve

		balance, agility, coordination and speed. Participants must possess a competent level of skating and know how to stop. FULL EQUIPMENT and stick are required.
Hockey Co-Ed Beginner	18 years and older	Prepare to play in an organized hockey league. Learn the rules of hockey, passing, puck handling and shooting. This program will also help improve balance, agility, coordination and speed. Participants must possess a competent level of skating and know how to stop. FULL EQUIPMENT and stick are required.
Hockey Women's Beginner	18 years and older	Prepare to play in an organized hockey league. Learn the rules of hockey, passing, puck handling and shooting. This program will also help improve balance, agility, coordination and speed. Participants must possess a competent level of skating and know how to stop. FULL EQUIPMENT and stick are required.
Hockey Skills and Drills	7 to 12 years	This hockey development program will include 45 minutes of on ice training on the outdoor rink and 30 minutes of dry land training in the gymnasium. On ice instruction will include power skating, puck handling, shooting, passing and more. Dry land training will include drills to increase speed & strength. Please note: full equipment required for on ice training. Participants must be competent at back skating and stopping.
Pre Season Hockey Prep	7 to 12 years	This program is geared towards the beginner and house league player. Develop and perfect basic skills: skating, puck handling, passing, shooting and game play. Previous hockey experience recommended. Participants must be able to skate forward, backward and stop completely. Full equipment is required.
Hockey Goalie Training	7 to 9 years, 10 to 13 years	Sharpen and perfect your goaltending skills. In a small group setting you will work on real game situations to help you improve your technique and skills in the net. Full Hockey Goalie Equipment is required.