

Drop In Ice Programs – Description Chart

Fall and Winter

Revised February 2020

General Programs	
Drop In Fun Skate	<p>Program Info: For ages 3 years and older. Have a great time on the ice skating with your family and friends. All participants must wear ice skates while on the ice. Children cannot be carried on the ice. Approved skating aids are permitted.</p> <p>Tickets and wristbands: Tickets sales begin 30 minutes prior to the program start time. All participants must pay for admittance and wear a wristband, as proof of payment, while on the ice.</p> <p>Please note: A CSA approved hockey helmet is recommended for all skaters.</p>
Drop In Figure Skating	<p>Program Info: Practice your spins, jumps and figure skating programs. You must be a competent forward and backward skater and be able to turn comfortably from forward and backward with speed to attend this program.</p> <p>Ages: 6yrs and older.</p> <p>Tickets and wristbands: Tickets sales begin 30 minutes prior to the program start time. All participants must pay for admittance and wear a wristband, as proof of payment, while on the ice.</p> <p>Please note: On ice coaches must also pay drop in price. Program is unsupervised.</p>
Adult Programs	
Drop In Adult and Older Adult Skate	<p>Program Info: For ages 18 years and older. Have a great time on the ice skating with other adults. All participants must wear ice skates while on the ice. Approved skating aids are permitted.</p> <p>Tickets and wristbands: Tickets sales begin 30 minutes prior to the program start time. All participants must pay for admittance and wear a wristband, as proof of payment, while on the ice.</p> <p>Please note: A CSA approved hockey helmet is recommended for all skaters. Program is unsupervised.</p>
Drop In 55+ Skate	<p>Program Info: For ages 55 years and older. Have a great time on the ice skating with other adults. All participants must wear ice skates while on the ice. Approved skating aids are permitted.</p> <p>Tickets and wristbands: Tickets sales begin 30 minutes prior to the program start time. All participants must pay for admittance and wear a wristband, as proof of payment, while on the ice.</p> <p>Equipment Required: CSA Approved hockey helmet is strongly recommended. Only approved skating aids and ice skates are permitted on the ice. Please bring your own skates, warm clothing and mittens. No equipment rentals available.</p> <p>Please note: A CSA approved hockey helmet is recommended for all skaters. Program is unsupervised.</p>
Drop In Adult Cardio Skate	<p>Ages: 18yrs and older</p> <p>Prerequisite: You must be a competent forward and backward skater and be able to turn from forward and backward with speed.</p> <p>Tickets and wristbands: Tickets sales begin 30 minutes prior to the program start time. All participants must pay for admittance and wear a wristband, as proof of payment, while on the ice.</p> <p>Program Info: A supervised fast-paced skate session using the entire ice surface incorporating skating skill drills with music. A definite workout!</p>
Drop In Figure Skating Patch	<p>Program Info: Figure Skaters – practice your figure eights in a quiet 50 minutes on the ice.</p> <p>Ages: 18yrs and older</p> <p>Tickets and wristbands: Tickets sales begin 30 minutes prior to the program start time. All participants must pay for admittance</p>

and wear a wristband, as proof of payment, while on the ice.

Please note: Program is unsupervised.

Shinny Programs

Drop In Youth Hockey Shinny (14-17 yrs)	<p>Program Info: Supervised pick-up hockey for youth ages 14-17 years old. Maximum number of participants - 30.</p> <p>Tickets and Wristbands: Tickets will be sold 30 minutes prior to program start time. All participants must pay for admittance and wear a wristband issued as proof of payment. Goalies (wearing full equipment) that would like to participate in the shinny program are permitted to play for free.</p> <p>Equipment Required: Full hockey equipment is mandatory for all program participants including CSA approved hockey helmet with facial protection (cage). Only approved hockey skates are permitted on the ice. No equipment rentals available.</p> <p>Please note: This is a non-contact program. Participants must allow one another equitable playing time and adhere to the posted code of conduct. Goalies are not provided.</p>
Drop In Women's Hockey Shinny	<p>Program Info: Unsupervised pick-up hockey for participants 18 years of age and older. Maximum number of participants - 30.</p> <p>Tickets and Wristbands: Tickets will be sold 30 minutes prior to program start time. All participants must pay for admittance and wear a wristband issued as proof of payment. Goalies (wearing full equipment) that would like to participate in the shinny program are permitted to play for free.</p> <p>Equipment Required: Full hockey equipment is mandatory for all program participants including CSA approved hockey helmet. Facial protection is recommended. Only approved hockey skates are permitted on the ice. No equipment rentals available.</p> <p>Please note: This is a non-contact program. Participants must allow one another equitable playing time and adhere to the posted code of conduct. Goalies are not provided.</p>
Drop In Hockey 18+ Shinny Sledge	<p>Program Info: Unsupervised pick-up sledge hockey for participants 18 years of age and older players that want to participate in a safe and fun game of sledge hockey. Players must be fully strapped in the sledge. Pick-up games are planned by those in attendance.</p> <p>Tickets and Wristbands: Tickets will be sold 30 minutes prior to program start time. All participants must pay for admittance and wear a wristband issued as proof of payment. Goalies (wearing full equipment) that would like to participate in the shinny program are permitted to play for free.</p> <p>Equipment Required: Full hockey equipment is mandatory for all program participants including CSA approved hockey helmet. Facial protection is recommended. Only approved hockey skates are permitted on the ice. No equipment rentals available.</p> <p>Sledges available upon request at arena location.</p>
Drop In Hockey Shinny 18+	<p>Program Info: Unsupervised pick-up hockey for participants 18 years of age and older. Maximum number of participants - 30.</p> <p>Tickets and Wristbands: Tickets will be sold 30 minutes prior to program start time. All participants must pay for admittance and wear a wristband issued as proof of payment. Goalies (wearing full equipment) that would like to participate in the shinny program are permitted to play for free.</p> <p>Equipment Required: Full hockey equipment is mandatory for all program participants including CSA approved hockey helmet. Facial protection is recommended. Only approved hockey skates are permitted on the ice. No equipment rentals available.</p> <p>Please note: This is a non-contact program. Participants must allow one another equitable playing time and adhere to the posted code of conduct. Goalies are not provided.</p>
Drop In 55+ Hockey Shinny	<p>Program Info: Unsupervised pick-up hockey for participants 55 years of age and older. Maximum number of participants - 30.</p> <p>Tickets and Wristbands: Tickets will be sold 30 minutes prior to program start time. All participants must pay for admittance and wear a wristband issued as proof of payment. Goalies (wearing full equipment) that would like to participate in the shinny program are permitted to play for free.</p> <p>Equipment Required: Full hockey equipment is mandatory for all program participants including CSA approved hockey helmet. Facial protection is recommended. Only approved hockey skates are permitted on the ice. No equipment rentals available.</p> <p>Please note: This is a non-contact program. Participants must allow one another equitable playing time and adhere to the posted code of conduct. Goalies are not provided.</p>
Drop In 65+ Hockey Shinny	<p>Program Info: Unsupervised pick-up hockey for participants 65 years of age and older. Maximum number of participants - 30.</p> <p>Tickets and Wristbands: Tickets will be sold 30 minutes prior to program start time. All participants must pay for admittance and wear a wristband issued as proof of payment. Goalies (wearing full equipment) that would like to participate in the shinny program are permitted to play for free.</p> <p>Equipment Required: Full hockey equipment is mandatory for all program participants including CSA approved hockey helmet.</p>

	Facial protection is recommended. Only approved hockey skates are permitted on the ice. No equipment rentals available. Please note: This is a non-contact program. Participants must allow one another equitable playing time and adhere to the posted code of conduct. Goalies are not provided.
Hockey Stick & Puck Programs	
Drop In Hockey Stick & Puck (3-13 yrs with Adult)	<p>Program Info: This supervised program offers adults and children the opportunity to work on basic stick/puck handling and skating skills together. Each adult may bring a maximum of 3 children. All children must be accompanied by an adult on the ice or at rink side to monitor their child.</p> <p>Capacity for this program - 30 participants (includes children and adults). Program is intended to maximize child participation. One adult per child. One adult may supervise up to 3 children max.</p> <p>Tickets: Tickets will be sold 30 minutes prior to the start time of the program.</p> <p>Equipment Required: Skates and CSA approved helmets are mandatory equipment for all program participants. All participants 17 and under must have a cage on their helmet. A cage or visor is highly recommended for participants 18 years +.</p> <p>Please note: Hockey players wishing to wear their full hockey equipment or goalie equipment are welcome to participate in the program to practice their skating skills and stick handling only. There is no scrimmage, or shinny play. Maximum 2 goalies in full equipment allowed in net during the program.</p>
Drop In Hockey Stick & Puck (14-17 yrs)	<p>Program Info: This supervised program offers participants the opportunity to work on basic stick/puck handling and skating skills.</p> <p>Capacity for this program - 30 participants</p> <p>Tickets: Tickets will be sold 30 minutes prior to the start time of the program.</p> <p>Equipment Required: Hockey skates and CSA approved helmets with facial protection are mandatory equipment for all program participants.</p> <p>Please note: Participants wishing to wear their full hockey equipment or goalie equipment are welcome to participate in the program to practice their skating skills and stick handling only. There is no scrimmage, shinny play or goalies in the nets!</p>
Drop In Hockey Stick & Puck 18+	<p>Program Info: This unsupervised program offers participants 18yrs of age and older the opportunity to work on basic stick/puck handling and skating skills. Capacity for this program - 30 participants</p> <p>Tickets: Tickets will be sold 30 minutes prior to the start time of the program.</p> <p>Equipment Required: Hockey skates and a CSA approved hockey helmets are mandatory equipment for all program participants.</p> <p>Please note: Participants wishing to wear their full hockey equipment or goalie equipment are welcome to participate in the program to practice their skating skills and stick handling only. There is no scrimmage, shinny play or goalies in the nets!</p>

Outdoor Programs	
Drop In Hockey Shinny 18+ Outdoor	<p>Program Info: Pick-up hockey for participants 18 years of age and older. Maximum number of participants - 30.</p> <p>Equipment Required: Full hockey equipment is mandatory for all program participants including CSA approved hockey helmet. Facial protection is recommended. Only approved hockey skates are permitted on the ice. No equipment rentals available.</p> <p>Please note: This is a non-contact program. Participants must allow one another equitable playing time and adhere to the posted code of conduct. Goalies are not provided.</p>
Drop In Fun Skate Outdoor	<p>Program Info: For ages 3 years and older. Have a great time on the ice skating with your family and friends. All participants must wear ice skates while on the ice. Children cannot be carried on the ice. Approved skating aids are permitted.</p> <p>Please note: A CSA approved hockey helmet is recommended for all skaters.</p>
Drop In Adult Stick & Puck Outdoor	<p>Program Info: This program offers participants the opportunity to work on basic stick/puck handling and skating skills. Capacity for this program - 30 participants</p> <p>Equipment Required: Hockey skates and CSA approved helmets are mandatory equipment for all program participants.</p> <p>Please note: Hockey players wishing to wear their full hockey equipment or goalie equipment are welcome to participate in the program to practice their skating skills and stick handling only. There is no scrimmage, shinny play or goalies in the nets!</p>
Drop In Hockey Stick & Puck Outdoor (ages 3yrs and older)	<p>Program Info: This program offers participants the opportunity to work on basic stick/puck handling and skating skills. Capacity for this program - 30 participants</p> <p>Ages: 3yrs and older. Children must be accompanied on the ice by an adult. Each adult may bring a maximum of 3 children.</p> <p>Equipment Required: Hockey skates and CSA approved helmets are mandatory equipment for all program participants. All</p>

Ice

participants 17yrs of age and under must have a cage on their helmet. A cage or visor is highly recommended for participants.
Please note: Hockey players wishing to wear their full hockey equipment or goalie equipment are welcome to participate in the program to practice their skating skills and stick handling only. There is no scrimmage, shinny play or goalies in the nets!

Recreation