

Skating Lessons – Description Chart

Fall and Winter

Revised May 2019

Fall and Winter Ice Skating Programs	
Activity	Description
Ice Skating (3-5 years with Adult)	<p>Equipment Required: Parent and Child must wear a CSA approved hockey helmet and skates. Face mask is recommended. Please bring your own skates, warm clothing and mittens. If your child is a new skater avoid wearing pants that are slippery. No equipment rentals available.</p> <p>SKATES: Leather hockey or figure skates with laces are strongly recommended. Moulded plastic skates, skates with straps or buckles and skates that are adjustable to different sizes are not recommended. No double bladed skates allowed.</p> <p>Class Length: 30 minutes</p> <p>Prerequisite: None. Beginners welcome!</p> <p>Program Info: Introduces basic skating skills. An adult must accompany the child on the ice. Adult must be able to skate. One adult per child.</p>
Ice Skating 4:1 (4-5 years)	<p>Equipment Required: CSA approved hockey helmet is mandatory. Face mask is recommended. Please bring your own skates, warm clothing and mittens. Face mask is recommended. No equipment rentals available. If your child is a new skater avoid wearing pants that are slippery.</p> <p>SKATES: Leather hockey or figure skates with laces are strongly recommended. Moulded plastic skates, skates with straps or buckles and skates that are adjustable to different sizes are not recommended.</p> <p>Class Size: 4 students per class</p> <p>Class Length: 30 minutes</p> <p>Prerequisite: None. Beginners welcome!</p> <p>Program Info: Children will have fun while learning basic skating skills in a group lesson.</p>
Ice Skating Junior Levels 1 – 8 (10:1, 50 minutes, 6-12 years)	<p>Equipment Required: CSA approved hockey helmet is mandatory. Face mask is recommended. Please bring your own skates, warm clothing and mittens. If your child is a new skater avoid wearing pants that are slippery. No equipment rentals available.</p> <p>SKATES: Leather hockey or figure skates with laces are strongly recommended. Moulded plastic skates, skates with straps or buckles and skates that are adjustable to different sizes are not recommended.</p> <p>Class Size: 10 skaters per group</p> <p>Class Length: 50 minutes</p> <p>Prerequisite: None. Beginners welcome!</p> <p>Program Info: This program consists of 8 levels appropriate for both beginners and children that want to improve their skating.</p> <ul style="list-style-type: none"> Level 1 – Getting up and marching across the ice Level 2 – Skating with alternate feet, stopping and beginning to go backwards Level 3 – Adding a glide to your skating, stopping and continuing to improve backwards Level 4 – Adding speed to your forward skating, longer glides and jumping Level 5 – Gliding on one foot, developing strong pushes and backward stops and backward sculling Level 6 – Beginning to work on a circle, longer one foot glides, fast back sculling

	<p>Level 7 – Proper forward stroking/strides, backward skating with C pushes Level 8 – Adding speed to your stroking and backward skating, forward crossovers, side stops, two foot turns Please Note: Children are grouped according to their ability on the first day. Returning students please bring your progress card.</p>
Ice Skating Junior Levels 1 – 8 (4:1, 30 minutes 6-12 years)	<p>Equipment Required: CSA approved hockey helmet is mandatory. Face mask is recommended. Please bring your own skates, warm clothing and mittens. If your child is a new skater avoid wearing pants that are slippery. No equipment rentals available. SKATES: Leather hockey or figure skates with laces are strongly recommended. Moulded plastic skates, skates with straps or buckles and skates that are adjustable to different sizes are not recommended. Class Size: 4 skaters per group Class Length: 30 minutes Prerequisite: None. Beginners welcome!</p> <p>Program Info: This program consists of 8 levels appropriate for both beginners and children that want to improve their skating. Level 1 – Getting up and marching across the ice Level 2 – Skating with alternate feet, stopping and beginning to go backwards Level 3 – Adding a glide to your skating, stopping and continuing to improve backwards Level 4 – Adding speed to your forward skating, longer glides and jumping Level 5 – Gliding on one foot, developing strong pushes and backward stops and backward sculling Level 6 – Beginning to work on a circle, longer one foot glides, fast back sculling Level 7 – Proper forward stroking/strides, backward skating with C pushes Level 8 – Adding speed to your stroking and backward skating, forward crossovers, side stops, two foot turns Please Note: Children are grouped according to their ability on the first day. Returning students please bring your progress card.</p>
Ice Skating Adapted (6-12 years)	<p>Program Info: This program is for children with special needs that want to learn to skate or improve their skating skills. Participants progress at their own pace. Equipment Required: CSA approved hockey helmet is mandatory. Please bring your own skates, warm clothing and mittens. No equipment rentals available. SKATES: Leather hockey or figure skates with laces are strongly recommended. Moulded plastic skates, skates with straps or buckles and skates that are adjustable to different sizes are not recommended. Prerequisite: None. Beginners welcome! Please Note: Participant must provide their own support person to come onto the ice with them if they require 1:1 support. Support person must wear skates and must know how to skate.</p>
Ice Skating Adapted (ages 13+)	<p>Program Info: This program is for Teens and Adults with special needs that want to learn to skate or improve their skating skills. Participants progress at their own pace. Equipment Required: CSA approved hockey helmet is mandatory. Please bring your own skates, warm clothing and mittens. No equipment rentals available. SKATES: Leather hockey or figure skates with laces are strongly recommended. Moulded plastic skates, skates with straps or buckles and skates that are adjustable to different sizes are not recommended. Prerequisite: None. Beginners welcome! Please Note: Participant must provide their own support person to come onto the ice with them if they require 1:1 support. Support person must wear skates and must know how to skate.</p>
Ice Skating Intermediate Levels 1 – 7 (7-17 years)	<p>Prerequisite: Skaters must have completed Junior Level 8 or be able to perform strong backward skating and forward crossovers. Skaters will be screened on the first day to assess their suitability for the program Class Length: 50 minutes Program Info: Skaters work on edges, turns, crossovers, basic jumps and spins. Reminder: Returning skaters please bring your progress card on the first day.</p>

Ice Skating Figure Skating Skills (9-17 years)	<p>Prerequisite: Skaters must have completed Intermediate Level 7 and the Introduction to Figure Skating Skills on the Intermediate progress card or be proficient on the following skills: waltz jump, inside three turn, backward inside edges, and backward crossovers. Skaters will be screened on the first day to assess their suitability for the program.</p> <p>Required: Figure skates are mandatory</p> <p>Program Info: Skaters work on figure skating skills: edges, turns, crossovers, dances, jumps and spins.</p> <p>Please note: This program is not appropriate for skaters working on double jumps.</p> <p>Reminder: Returning students please bring your progress card on the first day.</p>
Ice Skating (13-17 years)	<p>Equipment Required: CSA approved hockey helmet is mandatory if you cannot stop competently. Please bring your own skates, warm clothing and mittens. No equipment rentals available.</p> <p>SKATES: Leather hockey or figure skates with laces are strongly recommended. Moulded plastic skates, skates with straps or buckles and skates that are adjustable to different sizes are not recommended.</p> <p>Please note: Returning skaters please bring your progress card to the first class.</p> <p>Prerequisite: None. Beginners welcome!</p> <p>Program Info: For teens wishing to learn or improve their skating.</p>
Ice Skating Private (6 years +)	<p>Equipment Required: CSA approved hockey helmet is mandatory for skaters 12 years of age and younger and for all teen and adult skaters that cannot skate and stop competently. Skaters working on the Intermediate and Figure Skating levels do not require a helmet (see above for program info about these programs) Please bring your own skates, warm clothing and mittens. No equipment rentals available.</p> <p>SKATES: Leather hockey or figure skates with laces are strongly recommended. Moulded plastic skates, skates with straps or buckles and skates that are adjustable to different sizes are not recommended</p> <p>Class Length: 25 minutes</p> <p>Prerequisite: None. Beginners welcome!</p> <p>Program Info: A private lesson designed for your skating ability.</p> <p>Reminder: Returning students please bring your progress card on the first day.</p>
Ice Skating (18 years+)	<p>Equipment Required: CSA approved hockey helmet is mandatory if you cannot skate and stop competently. Please bring your own skates, warm clothing and gloves. No equipment rentals available.</p> <p>SKATES: Leather hockey or figure skates with laces are strongly recommended. Moulded plastic skates, skates with straps or buckles and skates that are adjustable to different sizes are not recommended.</p> <p>Prerequisite: None. Beginners welcome!</p> <p>Program Info: For adults who want to learn or improve their forward skating, backward skating, turns and stopping.</p> <p>Please Note: This program is not appropriate for skaters wishing to work on jumping and spinning.</p>
Ice Skating Power (6-9yrs, 10-13yrs, 14-17yrs)	<p>Program Info: Designed for hockey players that want to improve their basic skating skills, strength and endurance. Skaters must be competent in forward skating, backward skating and stopping. (House League Blue Level or Higher)</p> <p>Equipment Required: Full hockey equipment, CSA approved helmet and hockey stick</p> <p>Programs Available for ages: 6-9years, 10-13 years, 14-17 years</p> <p>Please Note: Skaters will be screened on the first day to assess their suitability for the program.</p>
Ice Skating Power (18+)	<p>Program Info: 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.</p> <p>Equipment Required: Full hockey equipment, CSA approved hockey helmet and stick</p>