

Skating Lessons

Program Descriptions: Revised July 2017

Children and Youth Skating Programs		
Activity	Age	Description
Parent and Child Skating 30 minute class	3 years to 5 years	Program Info: Introduces basic skating skills with the assistance of the parent on the ice. Equipment Required: Child must wear a CSA approved hockey helmet. Adult and child must wear skates. 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. Prerequisite: None. Beginners welcome! Please Note: Adult must be able to skate. One adult per child. No double bladed skates allowed.
Preschool Skating 6:1 30 minute class	4 years to 5 years	Program Info: Preschoolers will have fun while learning skating skills in a group lesson. Class Size: 6 skaters per group. Equipment Required: CSA approved hockey helmet is mandatory. 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. 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!
Preschool Skating 4:1 30 minute class	4 years to 5 years	Program Info: Preschoolers will have fun while learning skating skills Class Size: 4 skaters per group. Equipment Required: CSA approved hockey helmet is mandatory. 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. 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!
Junior Skating 10:1 50 minute class (Levels 1 to 8)	6 years to 13 years	Program Info: This program consists of eight levels which cover skills from learning to fall down and get up to backward skating, forward crossovers and various turns and stops. Class Size: 10 skaters per group Equipment Required: CSA approved hockey helmet is mandatory. Please bring your own skates, warm clothing and mittens. If your child is a new skater avoid wearing pants that are slippery. Face mask is recommended. 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: Children are grouped according to their ability on the first day. Returning students please bring your progress card.

<p>Junior Skating 4:1 30 minutes</p> <p>(Levels 1 to 8)</p>	<p>6 years to 13 years</p>	<p>Program Info: This program consists of eight levels which cover skills from learning to fall down and get up to backward skating, forward crossovers and various turns and stops. Class size: 4 skaters per group Equipment Required: CSA approved hockey helmet is mandatory. Please bring your own skates, warm clothing and mittens. If your child is a new skater avoid wearing pants that are slippery. Face mask is recommended. 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: Children are grouped according to their ability on the first day. Returning students please bring your progress card.</p>
<p>Skating for the Family 50 minutes</p>	<p>3 Years to Adult</p>	<p>Program Info: This program provides a safe environment for adults and their children to skate together. 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 program info about the level of these programs) Please bring your own skates, warm clothing and mittens. No equipment rentals available. Who has to register: Each family member must register individually. Children must be accompanied on the ice by an adult. All participants must wear skates when on the ice. Prerequisite: None Please note: Supervision is provided by qualified skating instructors. No organized group lesson is provided in this program.</p>
<p>Adapted Skate Lessons for Children 30 minute class</p>	<p>6 years to 14 years</p>	<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>
<p>Intermediate Skating 50 minute class</p>	<p>7 years to 18 years</p>	<p>Program Info: Skaters work on edges, turns, crossovers, basic jumps and spins. Prerequisite: Skaters must have completed all of the Junior Levels 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 Reminder: Returning skaters please bring your progress card on the first day.</p>
<p>Figure Skating Skills 50 minute class</p>	<p>9 years to 18 years</p>	<p>Program Info: Skaters work on edges, turns, crossovers, dances, jumps and spins. Prerequisite: Skaters must have completed all of the Intermediate Levels 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. Required: Figure skates are mandatory. Please note: This program is not appropriate for skaters working on double jumps. Reminder: Returning students please bring your progress card on the first day.</p>
<p>Teen Skating 50 minute class</p>	<p>13 years to 17 years</p>	<p>Program Info: For teens wishing to learn or improve their skating. Prerequisite: None. Beginners welcome! 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. 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. Please note: Returning skaters please bring your progress card to the first class.</p>

Private Skating Lessons 25 minute class	6 years to 99 years	Program Info: A private lesson designed for your skating ability. 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.. 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! Reminder: Returning students please bring your progress card on the first day.
Power Skating 50 minute class	6-9 years 10 –13 years and 14–17 years	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) Equipment Required: Full hockey equipment, CSA approved helmet and hockey stick Please Note: Skaters will be screened on the first day to assess their suitability for the program.
Adult Skating Programs		
Adapted Skate Lessons for Adults 30 minute class	13 years to 99 years	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.
Adult Power Skating 50 minute class	18 years and older	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. Equipment Required: Full hockey equipment, CSA approved hockey helmet and stick
Adult Power Skating Advanced 50 minute class	18 years and older	Program Info: This program is for the adult hockey player that is playing in an organized league and has previous power skating experience. Participants must be competent at both forward and backward skating and must be able to perform crossovers and stops in both directions. Equipment Required: Full hockey equipment, CSA approved hockey helmet and stick
Adult Skating 50 minute class	18 years and older	Program Info: For adults who want to learn or improve their forward skating, backward skating, turns and stopping. Prerequisite: None. Beginners welcome! 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. 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. Please Note: This program is not appropriate for skaters wishing to work on jumping and spinning.
Adult Practice Session 30 minute class	18 years and older	Program Info: This program is open to all adults wishing to practice their skating skills. Prerequisite: None Equipment Required: CSA approved hockey helmet is mandatory if you cannot skate and stop competently. Please bring your own skates and warm clothing. No equipment rentals available. Please note: No organized group lesson is provided in this program. An Instructor is available during this practice session to offer skating advice.
Adult Cardio Skate 50 minute class	18 years and older	Program Info: A fast-paced skate session using the entire ice surface incorporating skating skill drills with music. A definite workout! Prerequisite: You must be a competent forward and backward skater and be able to turn comfortably from forward and backward with speed.

Ice

Adult Ice Dancing 50 minute class	18 years and older	Program Info: Qualified dance professional has designed a program to introduce basic skating edges while incorporating it to music and rhythm. Prerequisite: Must be comfortable skating forward and backward.
Adult Ice Dancing Advanced 50 minute class	18 years and older	Program Info: Qualified dance professional has designed program to incorporate dance moves, turns and patterns incorporating music and rhythm. Prerequisite: Skaters must have previous ice dancing experience. Junior Bronze dance levels and higher