

# skating and hockey programs

Spring/Summer 2015

Online registration opens February 21, 2015, sign up for programs [here](#).

Skating Programs		
Activity	Age	Description
Parent and Child Skating 30 minute class	3 years to 5 years	This program introduces your child to basic skating skills with the assistance of the parent on the 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 minute class	4 years to 5 years	CSA approved hockey helmet is mandatory. Face mask is recommended. Preschoolers will have fun while learning beginner to advanced skating skills. Children are divided into lesson groups according to their skating ability. Beginners are welcome.
Semi Private Preschool Skating 30 minute class	4 years to 5 years	CSA approved hockey helmet is mandatory. Face mask is recommended. Preschoolers will have fun while learning beginner to advanced skating skills. Children are divided into group lessons according to their skating ability. Reduced class size. Beginners welcome.
Junior Skating 50 minute class (Levels 1 to 5)	6 years to 13 years	CSA approved hockey helmet is mandatory. Face mask is recommended. Junior Levels 1 through 5 are taught in this program. Skills included in these levels are forward skating, backward skating, stopping and forward crossovers. Children are grouped according to their ability on the first day. Beginners welcome. Returning students please bring your progress card.
Semi Private Junior Skating 30 minutes	6 years to 13 years	CSA approved hockey helmet is mandatory. Face mask is recommended. Junior Levels 1 through 5 are taught in this program. Skills included in these levels are forward skating, backward skating, stopping and forward crossovers. Children are grouped according to their ability on the first day. Reduced class size. Beginners welcome. Returning skaters please bring your progress card.
Intermediate Skating 50 minute class	7 years to 18 years	All skaters must have completed Junior level 5 or must be competent at backward skating and

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		forward crossovers. Skaters work on edges, turns, crossovers, basic jumps and spins. Participants can wear either figure skates or hockey skates for Levels 1, 2 and 3. Skaters on Levels 4 and 5 are encouraged to wear figure skates.
Figure Skating Skills 50 minute class	9 years to 18 years	All Skaters must have completed Intermediate Level 5 or be able to perform a waltz jump, inside three turn, backward inside edges, and backward stroking/crossover/turn pattern. This program is not appropriate for skaters working on double jumps. Participants will continue to learn jumps, spins, dances and edge work. Figure skates are mandatory.
Teen Skating 50 minute class	13 years to 17 years	For new skaters or teens wishing to improve their skating. Participants will be divided into groups according to their ability. CSA approved hockey helmet is mandatory if you cannot stop competently.
Power Skating 50 minute class	6 years to 9 years	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). FULL EQUIPMENT, CSA APPROVED HOCKEY HELMET AND STICK ARE REQUIRED. Skaters will be screened the first day to assess their suitability for the program.
Power Skating 50 minute class	10 years to 13 years	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). FULL EQUIPMENT, CSA APPROVED HOCKEY HELMET AND STICK ARE REQUIRED. Skaters will be screened the first day to assess their suitability for the program.
Power Skating 50 minute class	14 years to 17 years	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). FULL EQUIPMENT, CSA APPROVED HOCKEY HELMET AND STICK ARE REQUIRED. Skaters will be screened the first day to assess their suitability for the

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Power Skating Plus 50 minute class	10 years to 13 years	Pucks are incorporated in skating drills. FULL EQUIPMENT, CSA APPROVED HOCKEY HELMET AND STICK ARE REQUIRED. Participants must have completed Junior level 5 or play house league white level or higher.
Power Skating Plus 50 minute class	14 years to 17 years	Pucks are incorporated in skating drills. FULL EQUIPMENT, CSA APPROVED HOCKEY HELMET AND STICK ARE REQUIRED. Participants must play house league white level or higher.
Adult Skating 50 minute class	18 years and older	For adults who want to learn or improve their forward skating, backward skating, turns and stopping. Skaters will be grouped according to experience. Beginners welcome! CSA approved hockey helmet is mandatory if you cannot stop competently.
Adult Practice Session 30 minute class	18 years and older	Excellent opportunity to practice your skills that you have been taught in your lesson. Instructors are available during this practice session to provide information. This program is open to all adults wishing to practice their skating skills. No group lesson provided. CSA approved hockey helmet is mandatory if you cannot stop competently
Adult Cardio Skate 50 minute class	18 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 and be able to turn comfortably from forward and backward with speed.
Adult Ice Dancing Advanced 50 minute class	18 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.
Adult Power Skating 50 minute class	18 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, CSA APPROVED HOCKEY

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		HELMET AND STICK ARE REQUIRED.
Womens Power Skating 50 minute class	18 years and older	For Women Only! A great cardio workout for women who play hockey and want to sharpen up their skating skills. Vigorous workout with emphasis on strength and endurance. FULL EQUIPMENT, CSA APPROVED HOCKEY HELMET AND STICK ARE REQUIRED.
Adult Power Skating Advanced 50 minute class	18 years and older	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. This program is designed to increase development in skating skills, stamina and agility on ice. FULL EQUIPMENT, CSA APPROVED HOCKEY HELMET AND STICK ARE REQUIRED.
Adult Power Skating Plus 50 minute class	18 years and older	Pucks are incorporated in skating drills. This program is for the adult hockey player that is playing in an organized league and has previous power skating experience. FULL EQUIPMENT, CSA APPROVED HOCKEY HELMET AND STICK ARE REQUIRED.