

Ice Skating Lessons

Program Descriptions: Revised July 2018

Children and Youth Ice Skating Programs	
Activity	Description
Ice Skating (3-5 yrs with Adult) Formerly Parent and Child Skating	<p>Age: 3 to 5 years old Class Length: 30 minutes Prerequisite: None. Beginners welcome! 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. 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. 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>
Ice Skating 6:1 (4-5 yrs) Formerly Preschool Skating 6:1	<p>Age: 4 to 5 years old Class Size: 6 students per class Class Length: 30 minutes Prerequisite: None. Beginners welcome! Program Info: Children will have fun while learning basic skating skills in a group lesson. Equipment Required: CSA approved hockey helmet is mandatory. Face mask is recommended. Please bring your own skates, warm clothing and mittens. 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.</p>
Ice Skating 4:1 (4-5 yrs) Formerly Preschool Skating 4:1	<p>Age: 4 to 5 years old Class Size: 4 students per class Class Length: 30 minutes Prerequisite: None. Beginners welcome! Program Info: Children will have fun while learning basic skating skills in a group lesson. 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. 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>Ice Skating Junior Levels 1 – 8 (10:1, 50 min, 6-12 yrs)</p> <p>Formerly Junior Skating 10:1</p>	<p>Age: 6 to 12 years old Class Size: 10 skaters per group Class Length: 50 minutes Prerequisite: None. Beginners welcome! 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 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. Please Note: Children are grouped according to their ability on the first day. Returning students please bring your progress card.</p>
<p>Ice Skating Junior Levels 1 – 8 (4:1, 30 min, 6-12 yrs)</p> <p>Formerly Junior Skating 4:1</p>	<p>Age: 6 to 12 years old Class Size: 4 skaters per group Class Length : 30 minutes Prerequisite: None. Beginners welcome! 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 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. Please Note: Children are grouped according to their ability on the first day. Returning students please bring your progress card.</p>
<p>Ice Skating for the Family</p> <p>Formerly Skating for the Family</p>	<p>Ages: 3 to Adult Length of Program: 50 minutes Prerequisite: None Program Info: This program provides a safe environment for adults and their children to skate together. No organized group lesson is provided in this program. 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 Advanced 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. Please note: Supervision is provided by qualified skating instructors.</p>

<p>Ice Skating Adapted (6-12yrs)</p> <p>Formerly Adapted Skating for Children</p>	<p>Ages: 6 to 12 years old Class length: 30 minutes Prerequisite: None. Beginners welcome! 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. Face mask is recommended. 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: 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>Ice Skating Intermediate Levels 1 – 7 (7-17 yrs)</p> <p>Formerly Intermediate Skating</p>	<p>Ages: 7 to 17 years old Class Length: 50 minutes 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 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>
<p>Ice Skating Figure Skating Skills (9-17 yrs)</p> <p>Formerly Figure Skating Skills</p>	<p>Ages: 9 to 17 years old Class Length: 50 minutes Prerequisite: Skaters must have completed 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. Program Info: Skaters work on figure skating skills: edges, turns, crossovers, dances, jumps and spins. 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>Ice Skating Cardio (10 -17yrs)</p> <p>NEW PROGRAM</p>	<p>Ages: 10 - 17 years Program Length: 50 minutes Prerequisite: You must be a competent forward and backward skater and be able to turn comfortably from forward and backward with speed. Program Info: A fast-paced skate session using the entire ice surface incorporating skating skill drills with music. A definite workout!</p>
<p>Ice Skating (13-17 yrs)</p> <p>Formerly Teen Skating</p>	<p>Ages: 13 to 17 years old Class Length: 50 minutes Prerequisite: None. Beginners welcome! Program Info: For teens wishing to learn or improve their skating. 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>

<p>Ice Skating Private (6 yrs +)</p> <p>Formerly Private Lessons Skating</p>	<p>Ages: 6 years to Adult Class Length: 25 minutes Prerequisite: None. Beginners welcome! 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. Reminder: Returning students please bring your progress card on the first day.</p>
<p>Ice Skating Power (6-9 yrs, 10-13 yrs, 14-17yrs)</p> <p>Formerly Power Skating 6-9 yrs, 10-13 yrs, and 14-17 years</p>	<p>Ages: 6 to 9 years, 10 to13 years, 14 to17 years Class Length: 50 minutes Prerequisite: Skaters must be competent in forward skating, backward skating and stopping. (House League Blue Level or Higher) Program Info: Designed for hockey players that want to improve their basic skating skills, strength and endurance. 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.</p>
Adult Ice Skating Programs	
<p>Ice Skating Adapted (13 yrs+)</p> <p>Formerly Adapted Skating for Adults</p>	<p>Ages: 13 years to Adult Class Length: 30 minutes Prerequisite: None. Beginners welcome! 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. 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>Ice Skating Power (18 yrs+)</p> <p>Formerly Adult Power Skating</p>	<p>Ages: 18 years and older Class Length: 50 minutes Prerequisite: must be able to skate forward and backwards and stop Program Info: A great cardio workout for adults who play hockey and want to sharpen up their skating skills. A vigorous workout with emphasis on strength and endurance. Equipment Required: Full hockey equipment, CSA approved hockey helmet and stick</p>
<p>Ice Skating (18 yrs+)</p> <p>Formerly Adult Skating</p>	<p>Ages: 18 years and older Class Length: 50 minutes Prerequisite: None. Beginners welcome! Program Info: For adults who want to learn or improve their forward skating, backward skating, turns and stopping. 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.</p>

Ice Skating Practice Session (18 yrs+) Formerly Adult Practice Skate	Ages: 18 years and older Program Length: 30 minutes Prerequisite: None Program Info: This program is open to all adults wishing to practice their skating skills. No organized group lesson is provided in this program. An Instructor is available during this practice session to offer skating advice. 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.
Ice Skating Cardio (18 yrs+) Formerly Adult Cardio Skate	Ages: 18 years and older Program Length: 50 minutes Prerequisite: You must be a competent forward and backward skater and be able to turn comfortably from forward and backward with speed. Program Info: A fast-paced skate session using the entire ice surface incorporating skating skill drills with music. A definite workout!
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 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.
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 Shooting Training	7 to 9 years, 10 to 13 years 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. Must be able to skate forward, perform crossovers and stop.
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 Beginner Men's, Coed and Women's	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.
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.