

Skating Lessons & Hockey Program

Program Descriptions: Revised March 20, 2017

Skating Lessons		
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. No equipment rentals available. Prerequisite: None Please Note: Adult must be able to skate. One adult per child. Skates must be single blade – no bob skates.
Preschool Skating 30 minute class	4 years to 5 years	Program Info: Preschoolers will have fun while learning skating skills in a group lesson. 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. Prerequisite: None
Semi Private Preschool Skating 30 minute class	4 years to 5 years	Program Info: Preschoolers will have fun while learning skating skills 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. Prerequisite: None Additional Info: Group size is reduced compared to the Preschool Skating Program.
Junior Skating 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. 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. Prerequisite: None. Beginners welcome! Please Note: Children are grouped according to their ability on the first day. Returning students please bring your progress card to the first class.
Semi Private Junior Skating 30 minutes (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. 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. Prerequisite: None. Beginners welcome! Please Note: Children are grouped according to their ability on the first day. Returning students please bring your progress card. This program has a reduced class size compared to the Junior Skating Program.
Skating for the Family 50 minutes	3 Years to Adult	Program Info: This program provides a safe environment for adults and their children to skate together. 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 that are available on the ice to give skating advice. 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 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. Prerequisite: None

Intermediate Skating 50 minute class	7 years to 18 years	Program Info: Skaters work on edges, turns, crossovers, basic jumps and spins. Prerequisite: All 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 Please Note: Participants may wear hockey or figure skates in this program. Figure skates are recommended for those participants that would like to progress to the Figure Skating program.
Figure Skating Skills 50 minute class	9 years to 18 years	Program Info: Skaters work on edges, turns, crossovers, dances, jumps and spins. Prerequisite: All Skaters must have completed Intermediate Level 7 and the Introduction to Figure Skating Skills 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.
Teen Skating 50 minute class	13 years to 17 years	Program Info: For teens wishing to learn or improve their skating. Prerequisite: None. Beginner 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. Please note: Returning skaters please bring your progress card to the first class.
Private Skating Lessons 25 minute class	6 years to 99 years	Program Info: A private lesson designed for your skating ability. Prerequisite: None 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. Please note: If you have a progress card please bring it on the first day of your classes. If registration is closed for this program please email connect2rec.info@mississauga.ca for instructor availability
Power Skating 50 minute class	10 years to 13 years	Program Info: Designed for hockey players to help improve their basic skills, strength and endurance. Prerequisite: Skaters must be competent in forward skating, backward skating and stopping. (House League white level or higher). Required: Full hockey equipment including CSA approved hockey helmet and stick. Please note: Skaters will be screened on the first day to assess their suitability for the program.
Adult Power Skating 50 minute class	18 years and older	Program Info: A great cardio workout for adults who want to sharpen up their skating skills for hockey. Vigorous workout with emphasis on strength and endurance. Prerequisite: Must be able to skate forwards and backwards and stop. Required: Full Hockey equipment including CSA approved hockey helmet and stick Please note: Skaters will be screened on the first day to access their suitability for the program.
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 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.
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.
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
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 Shooting Training	7 to 9 years, 10 to 13 years	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 Shooting Training For Women or Men	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.
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 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 Men's Beginner	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.
Hockey Co-Ed Beginner	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.

Hockey Women's Beginner	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.
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.
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.