

# Skating LESSONS

Level	Ages	Abilities	Level	Ages	Abilities
ICE PUPPIES	2.5-5yrs	No previous skating experience (*parent participation encouraged). Skaters will learn standing, falling, balance and walking.	Skate Kids 1	6-12yrs	For those kids with little to no skating experience.
PENGUINS	3-5yrs	For skaters who can stand, balance & walk on ice unassisted. <b>Learning:</b> stopping, walking backwards & 2 foot hop.	Skate Kids 2	6-12yrs	<b>Learning:</b> stopping, 1 foot gliding & backwards skating
POLAR BEARS	3-5yrs	<b>Learning:</b> backward skating progressions, push & glide, 1 foot gliding and full snow plow stop	Skate Kids 3	6-12yrs	<b>Learning:</b> crossovers, side stops, & pumping both forward & backwards.
HUSKIES	3-5yrs	<b>Learning:</b> backward stopping, glide & stop sequence and crossovers	Skate Kids 4	6-11yrs	<b>Learning:</b> edges, backward gliding & transitioning from forward to backward.
<b>**Note that All persons on the ice (adults included) must have a properly fitting helmet and skates.</b>			Teen / Adult Beginner	12yrs+	<b>Learning:</b> basic skating skills of balance, start, stop, glides and turns.

# Skating LESSONS

Learning to skate is an important fundamental movement skill to build physical literacy. Our instructors provide a safe, fun learning environment for kids of all ages and the young at heart  
**\$54.00 FOR 30 MIN CLASSES**  
**\$81.00 FOR 45 MIN CLASSES**

Time	Thursdays Jan. 12- Feb. 16	
2:30-3:00	Ice Puppies	Skate Kids 1
3:00-3:30	Penguins	Skate Kids 2
3:30-4:00	Skate Kids 3	Skate Kids 1
4:00-4:30		Teen / Adult Beginners
4:30-4:45	Polar Bears	Skate Kids 2

## Fun HOCKEY

*Ages 5 to 11*  
*(With full equipment)*



This popular non-competitive hockey program is geared to school aged children with some previous skating experience and desire to play hockey for FUN. Players will participate in teamwork, skating enhancement drills, hockey skills and scrimmages – all under the supervision of Coaches and Community Volunteers. Players must have full equipment including CSA approved helmet.

*Fridays January 20 to March 10*

**Junior's (age 5 to 7) 3:15 to 4:00 pm Cost: \$60.00**

**Senior's (age 8 to 11) 4:00 to 5:00 pm Cost: \$75.00**

*(Cancelled on January 27th 2023)*

