

# Skating Lessons

## Summer Price List 2022

Skating Program	Description	Date	Time	Barcode	Price
Parent and Tot	With their parents by their side, kids learn to be comfortable on the ice by playing games and developing basic balance and coordination skills - leading to a lifelong love of the activity! Preschoolers learn how to fall down, get up, balance and march. Parents must be comfortable on ice with skates. *CSA approved helmet required.	July 3rd-August 28th	10:30AM-11:00AM	245	\$118.00
Parent and Tot	With their parents by their side, kids learn to be comfortable on the ice by playing games and developing basic balance and coordination skills - leading to a lifelong love of the activity! Preschoolers learn how to fall down, get up, balance and march. Parents must be comfortable on ice with skates. *CSA approved helmet required.	July 3rd-August 28th	10:30AM-11:00AM	246	\$118.00
Preskate	It's all fun and games as new skaters learn to be comfortable on the ice by playing games and developing basic balance and coordination skills - leading to a lifelong love of the activity! Preschoolers learn how to fall down, get up, balance and march. *CSA approved helmet required.	July 3rd-August 28th	10:30AM-11:00AM	247	\$118.00
Level 1 (4Y-8Y)	The introduction to skating - leading to a lifelong love of the activity! Gain confidence and learn basic skills such as marching forward and backward, falling, 2 feet jump on the spot, making snow with both feet and balance. *CSA approved helmet required	July 3rd-August 28th	10:30AM-11:00AM	262	\$118.00
Level 1 (4Y-8Y)	The introduction to skating - leading to a lifelong love of the activity! Gain confidence and learn basic skills such as marching forward and backward, falling, 2 feet jump on the spot, making snow with both feet and balance. *CSA approved helmet required	July 3rd-August 28th	11:05AM-11-35AM	263	\$118.00
Level 1 (4Y-8Y)	The introduction to skating - leading to a lifelong love of the activity! Gain confidence and learn basic skills such as marching forward and backward, falling, 2 feet jump on the spot, making snow with both feet and balance. *CSA approved helmet required	July 3rd-August 28th	11:05AM-11-35AM	264	\$118.00
Level 1 (4Y-8Y)	The introduction to skating - leading to a lifelong love of the activity! Gain confidence and learn basic skills such as marching forward and backward, falling, 2 feet jump on the spot, making snow with both feet and balance. *CSA approved helmet required	July 3rd-August 28th	11:05AM-11-35AM	265	\$118.00
Level 1 (4Y-8Y)	The introduction to skating - leading to a lifelong love of the activity! Gain confidence and learn basic skills such as marching forward and backward, falling, 2 feet jump on the spot, making snow with both feet and balance. *CSA approved helmet required	July 3rd-August 28th	11:05AM-11-35AM	266	\$118.00
Level 1 (8Y-12Y)	The introduction to skating - leading to a lifelong love of the activity! Gain confidence and learn basic skills such as marching forward and backward, falling, 2 feet jump on the spot, making snow with both feet and balance. *CSA approved helmet required	July 3rd-August 28th	11:40AM-12:10PM	290	\$118.00

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Skating Program	Description	Date	Time	Barcode	Price
Level 2 (4Y-8Y)	Prerequisite: Pass Level 1 or via Coach Recommendation from Parent and Tot or PreSkate. Learn gliding, forward snow plow stop, two-foot half turn jump, forward sculling, backward skate with speed. Half turn with two feet on the same spot. *CSA approved helmet required	July 3rd-August 28th	11:40AM-12:10PM	269	\$118.00
Level 2 (4Y-8Y)	Prerequisite: Pass Level 1 or via Coach Recommendation from Parent and Tot or PreSkate. Learn gliding, forward snow plow stop, two-foot half turn jump, forward sculling, backward skate with speed. Half turn with two feet on the same spot. *CSA approved helmet required	July 3rd-August 28th	11:40AM-12:10PM	270	\$118.00
Level 2 (8Y-12Y)	Prerequisite: Pass Level 1 or via Coach Recommendation from Parent and Tot or PreSkate. Learn gliding, forward snow plow stop, two-foot half turn jump, forward sculling, backward skate with speed. Half turn with two feet on the same spot. *CSA approved helmet required	July 3rd-August 28th	11:40AM-12:10PM	291	\$118.00
Level 3 (8Y-12Y)	Prerequisite: Pass Level 2. Learn gliding, circle thrust, two-foot jump while gliding, half snowplow stops, backward snowplow stops, crossover on line and half turn on two feet while gliding. *CSA approved helmet required.	July 3rd-August 28th	12:15PM-1:00PM	278	\$148.00
Level 4/5 (8Y-12Y)	Prerequisite: Pass Level 3. Learn one-foot glides on a curve, forward crossovers, backward C-push, backward sculling, backward circle thrusts, two foot turn on curve, two-foot jump half turn while gliding, forward two-foot side stops, forward spiral, backwards crossovers, two-foot spin, two-foot half turn jumps, outside three-turn and backwards snow plow stops. *CSA approved helmet required.	July 3rd-August 28th	12:15PM-1:00PM	285	\$148.00
Level 6/7 (8Y-12Y)	Prerequisite: Pass Level 5. Learn backwards spiral, forwards one-foot stops, backwards one-foot stops, one-foot spins, inside three-turn, forward inside edges, backwards inside edges, one-foot half sit, T-stop, one-foot spin, mohawk, forward outside edges and backwards outside edges. *CSA approved helmet required.	July 3rd-August 28th	12:15PM-1:00PM	279	\$148.00
Power Skate	Prerequisite: Pass Level 3. This class builds skating skills for hockey and ringette players. We will work on speed, agility, balance and power - everything a player needs to build their game! *Hockey or ringette gear and stick are required for this class.	July 3rd-August 28th	12:15PM-1:00PM	253	\$148.00