

Skating Lessons

Fall Timetable 2022

Tuesday 10 Classes Sept 20-Nov 22

4:00-4:30	Preskate (3y-4y) [676]	Level 1 (4Y-8Y) [677]	Preskate (3y-4y) [678]	Level 2 (4Y-8Y) [679]	Private Skate [680]
4:35-5:05	Preskate (3y-4y) [681]	Level 1 (4Y-8Y) [682]	Level 2 (4Y-8Y) [683]	Level 3 (4Y-8Y) [684]	Private Skate [685]
5:10-5:55	Level 3 (8Y-12Y) [686]	Level 4 (8Y-12Y) [687]	Level 2 (8Y-12Y) [688]	Power Skating [689]	

Skating Lessons

Fall Pricelist **Tuesdays** 2022

Skating Program	Description	Date	Time	Barcode	Price
Preskate (3y-4y)	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.	September 20 - November 22	4:00-4:30 4:35-5:05	676 & 678 681	\$152.00
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.	September 20 - November 22	4:00-4:30 4:35-5:05	677 682	\$152.00
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.	September 20 - November 22	4:00-4:30 4:35-5:05	679 683	\$152.00
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.	September 20 - November 22	5:10-5:55	688	\$195.70
Level 3 (4Y-8Y)	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.	September 20 - November 22	4:35-5:05	684	\$152.00
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.	September 20 - November 22	5:10-5:55	686	\$195.70
Level 4 (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. *CSA approved helmet required.	September 20 - November 22	5:10-5:55	687	\$195.70
Power Skating	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.	September 20 - November 22	5:10-5:55	689	\$195.70
Private Skate	For people looking for an opportunity to work on skills 1 on 1 with a certified skating instructor. Develop and learn a curriculum that works best for you and your goals! Good for anyone no matter their level of ability, skill or age! *CSA approved helmet required.	September 20 - November 22	4:00-4:30 4:35-5:05	680 685	\$309.00

Skating Lessons

Fall Timetable 2022

Thursday 10 Classes Sept 22-Nov 24

4:00-4:30	Parent and Tot [690]	Preskate (3y-4y) [691]	Level 1 (4Y-8Y) [692]	Preskate (3y-4y) [693]	Private Skate [694]
4:35-5:05	Level 2 (4Y-8Y) [695]	Level 1 (4Y-8Y) [696]	Level 2 (4Y-8Y) [697]	Level 3 (4Y-8Y) [698]	Private Skate [699]
5:10-5:55	Level 5 (8Y-12Y) [700]	Level 4 (8Y-12Y) [701]	Level 3 (8Y-12Y) [702]	Power Skating [703]	
6:00-6:30	Level 1 (4Y-8Y) [704]	Level 2 (4Y-8Y) [705]	Level 2 (4Y-8Y) [706]	Level 1 (4Y-8Y) [707]	Private Skate [708]
6:35-7:05	Level 1 (8Y-12Y) [709]	Level 2 (8Y-12Y) [710]	Level 2 (8Y-12Y) [711]	Adult [712]	Private Skate [713]

Skating Lessons

Fall Pricelist **Thursdays** 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.	September 22 - November 24	4:00-4:30	690	\$152.00
Preskate (3y-4y)	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.	September 22 - November 24	4:00-4:30	691 & 693	\$152.00
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.	September 22 - November 24	4:00-4:30 4:35-5:50 6:00-6:30	692 696 704 & 707	\$152.00
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.	September 22 - November 24	6:35-7:05	709	\$152.00
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.	September 22 - November 24	4:35-5:05 6:00-6:30	695 & 697 705 & 706	\$152.00
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.	September 22 - November 24	6:35-7:05	710 & 711	\$152.00
Level 3 (4Y-8Y)	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.	September 22 - November 24	4:35-5:05	698	\$152.00
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.	September 22 - November 24	5:10-5:55	702	\$195.70
Level 4 (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. *CSA approved helmet required.	September 22 - November 24	5:10-5:55	701	\$195.70
Level 5 (8Y-12Y)	Prerequisite: Pass Level 4. Learn forward spiral, backwards crossovers, two-foot spin, two-foot half turn jumps, outside three-turn and backwards snow plow stops. *CSA approved helmet required.	September 22 - November 24	5:10-5:55	700	\$195.70
Power Skating	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.	September 22 - November 24	5:10-5:55	703	\$195.70
Adult Skating	It's never too late to learn to skate! With little to no skating experience, you progressively develop fundamental skating skills in a supportive environment. *CSA approved helmet required.	September 22 - November 24	6:35-7:05	712	\$236.90
Private Skate	For people looking for an opportunity to work on skills 1 on 1 with a certified skating instructor. Develop and learn a curriculum that works best for you and your goals! Good for anyone no matter their level of ability, skill or age! *CSA approved helmet required.	September 22 - November 24	4:00-4:30 4:35-5:50 6:00-6:30 6:35-7:05	694 699 708 713	\$309.00

Skating Lessons

Fall Timetable 2022

Saturday 10 Classes Sept 24-Dec 1 *No Classes Oct 8th

10:45-11:15	Parent and Tot [714]	Preskate (3y-4y) [715]	Level 1 (4Y-8Y) [716]	Preskate (3y-4y) [717]	Private Skate [718]
11:20-11:50	Level 1 (8Y-12Y) [719]	Level 1 (4Y-8Y) [720]	Level 2 (4Y-8Y) [721]	Level 3 (4Y-8Y) [722]	Private Skate [723]
11:55-12:40	Level 3 (8Y-12Y) [724]	Level 6 (8Y-12Y) [725]	Level 7 (8Y-12Y) [726]	Power Skating [727]	
12:45-1:15	Level 1 (4Y-8Y) [728]	Level 1 (4Y-8Y) [729]	Level 2 (4Y-8Y) [730]	Level 3 (4Y-8Y) [731]	Private Skate [732]

Skating Lessons

Fall Pricelist Saturdays 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.	September 24 - December 1 *no class on October 8th*	10:45-11:15	714	\$152.00
Preskate (3y-4y)	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.	September 24 - December 1 *no class on October 8th*	10:45-11:15	715 & 717	\$152.00
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.	September 24 - December 1 *no class on October 8th*	10:45-11:15 11:20-11:50 12:45-1:15	716 720 728 & 729	\$152.00
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.	September 24 - December 1 *no class on October 8th*	11:20-11:50	719	\$152.00
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.	September 24 - December 1 *no class on October 8th*	11:20-11:50 12:45-1:15	721 730	\$152.00
Level 3 (4Y-8Y)	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.	September 24 - December 1 *no class on October 8th*	11:20-11:50 12:45-1:15	722 731	\$152.00
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.	September 24 - December 1 *no class on October 8th*	11:55-12:40	724	\$195.70
Level 6 (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 and backwards inside edges. *CSA approved helmet required.	September 24 - December 1 *no class on October 8th*	11:55-12:40	725	\$195.70
Level 7 (8Y-12Y)	Prerequisite: Pass Level 6. Learn one-foot half sit, T-stop, one-foot spin, mohawk, forward outside edges and backwards outside edges. *CSA approved helmet required.	September 24 - December 1 *no class on October 8th*	11:55-12:40	726	\$195.70
Power Skating	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.	September 24 - December 1 *no class on October 8th*	11:55-12:40	727	\$195.70
Private Skate	For people looking for an opportunity to work on skills 1 on 1 with a certified skating instructor. Develop and learn a curriculum that works best for you and your goals! Good for anyone no matter their level of ability, skill or age! *CSA approved helmet required.	September 24 - December 1 *no class on October 8th*	10:45-11:15 11:20-11:50 12:45-1:15	718 723 732	\$309.00