

Arena Programs

ADULT

Adult Skate Lessons

16+yrs

Ice sports are great exercise and a very challenging activity that develops a person both mentally and physically. These lessons will develop basic skating skills, in a group format with other adults.

15579 Su 10:05am-10:50am Jan 8-Feb 5 5/\$32.50

15580 Su 10:05am-10:50am Feb 12-Mar 11 5/\$32.50

Adult Hockey

16+yrs

Get together for drop-in sessions of non-contact social hockey. Each session is first come, first served. Goalies play for free. Please register for each session at reception desk.

Th 11:15am-1:00pm

Drop-in

\$5.50/drop-in



SPRING PROGRAMS

Little Duffers Floor Hockey

4-6yrs

Come join Little Duffers Floor Hockey to maintain and further develop your hockey skills for the up and coming season. Players will go through drills and mini games in a fun and active session!

15606 Tu 3:30pm- 4:15pm May 15-Jun 19 6/\$36

Little Duffers Lacrosse

4-6yrs

Little Duffers will work on the fundamental skills for the game of Lacrosse. Players will be given the opportunity to practice and develop basic skills in a fun and active session. Participants must have their own caged helmet. Sticks and pucks provided.

15570 Tu 3:30pm- 4:15pm Apr 3-May 8 6/\$36

SEAPARC Sharks Floor Hockey

7-12yrs

Non-contact hockey designed for kids who want to have fun while learning the game. This structured program will teach your child the basic skills of the game of floor hockey while improving endurance and having fun. Sticks & sponge/plastic pucks are provided.

15605 Tu 4:30pm- 5:15pm May 15-Jun 19 6/\$36

SEAPARC Sharks Lacrosse

7-12yrs

Sharks Lacrosse will work on the fundamental skills for the game of Lacrosse. Players will be given the opportunity to practice and develop basic skills in a fun and active session. Participants must have their own caged helmet. Sticks and pucks provided.

15604 Tu 4:30pm- 5:15pm Apr 3-May 8 6/\$36

Spring Lacrosse

SEAPARC is planning a Developmental Lacrosse program for youth aged 6 to 12 from April 7th to June 16th. Look for more information in the Spring on Beginners clinics, instructor/coaches and volunteer opportunities, evolving into a games and practice schedule. We will run the program out of the SEAPARC Arena, and hope to provide a fun learning and skill development opportunity for local area youth!