

Arena Programs

PRESCHOOL

Little Duffers Hockey

4-6yrs

Little Duffers will introduce your child to the great game of hockey. Limited equipment is needed (Caged helmet, Stick, Gloves and Skates). Skills to be covered include basic puck handling, skating, shooting, passing and a games day on the last day.

15594	M	3:20pm- 3:50pm	Jan 9-Feb 6	5/\$30
15595	M	3:20pm- 3:50pm	Feb 13-Mar 12	5/\$30

Skate Lessons - Parent and Tot

2-4yrs

Join your child as they venture out on the ice. This introductory session will teach children the confidence to progress to higher skating levels and independence through fun and games. Parents will also learn basic progressions for their child to help them along. Parents and tots must wear helmets during lessons.

15572	Su	9:30am-10:00am	Jan 8-Feb 5	5/\$32.50
15581	Tu	3:30pm- 4:00pm	Jan 10-Feb 7	5/\$32.50
15582	Tu	3:30pm- 4:00pm	Feb 14-Mar 13	5/\$32.50
15586	Su	9:30am-10:00am	Feb 12-Mar 11	5/\$32.50

Skate Lessons - Preschool

3-5yrs

These lessons are un-parented classes for children 3-5yrs. These classes build skating skills and teach basic progressions while having fun! From falling down and getting up, to skating across the ice and more, your child will learn the skills needed to help them succeed in future ice sports.

15573	Su	9:30am-10:00am	Jan 8-Feb 5	5/\$32.50
15583	Tu	3:30pm- 4:00pm	Jan 10-Feb 7	5/\$32.50
15584	Tu	3:30pm- 4:00pm	Feb 14-Mar 13	5/\$32.50
15585	Su	9:30am-10:00am	Feb 12-Mar 11	5/\$32.50
15600	M,W	1:30pm- 2:10pm	Jan 9-Feb 8	10/\$65
15601	M,W	1:30pm- 2:10pm	Feb 13-Mar 14	10/\$65

CHILDREN

Hockey - Balance & Agility

5-12yrs

Get a few strides up on everyone else. This program will focus on the technical and physical components of skating mixed with other fundamental hockey skills. Skills that will be covered include skating agility, speed and reaction, balance/crossovers and puck handling. Any girls not already registered in Minor Hockey can register for this program for 50% of the registration fee.

15596	W	3:30pm- 4:20pm	Jan 11-Feb 8	5/\$30
15597	W	3:30pm- 4:20pm	Feb 15-Mar 14	5/\$30

SEAPARC Sharks Hockey (Introductory)

7-10yrs

Is your child interested in hockey? These introductory lessons are for you! This structured program will teach your child the basics skills of the game in a fun, non contact environment. This program is subsidized by Sooke Minor Hockey. Any girls not already registered in Minor Hockey can register for this program for 50% off the registration fee. Equipment needed: skates, caged helmet, stick, and gloves.

15598	Th	3:30pm- 4:20pm	Jan 12-Feb 9	5/\$32.50
15599	Th	3:30pm- 4:20pm	Feb 16-Mar 15	5/\$32.50

Home Learners Skate Program

3-14yrs

Home learner programs are offered for home schooled children during the day to allow these children to interact in a sport related environment with other home learners.

15602	M	2:15pm- 3:15pm	Jan 9-Feb 6	5/\$32.50
15603	M	2:15pm- 3:15pm	Feb 13-Mar 12	5/\$32.50

Skate Lessons - School Age

6-12yrs

Learn the basics of standing, marching and being confident to eventually learning to stop, skate backwards, edges and beginning crossovers forwards and backwards. These skills will help your child succeed in a variety of ice sports including, power skating, figure skating and hockey and are a great way to get active and stay fit!

15574	Su	10:05am-10:50am	Jan 8-Feb 5	5/\$32.50
15587	Su	10:05am-10:50am	Feb 12-Mar 11	5/\$32.50
15588	Tu	4:05pm- 4:50pm	Jan 10-Feb 7	5/\$32.50
15589	Tu	4:05pm- 4:50pm	Feb 14-Mar 13	5/\$32.50

Super Saver Skate Lessons

All ages

Are you looking for a specific skill set on the ice? These lessons take place at the same time as our scheduled skate lessons at a reduced cost from our private lessons.

Register up to two for one fee.

15575	Su	10:15am-10:45am	Jan 8-Feb 5	5/\$80
15576	Su	10:15am-10:45am	Jan 8-Feb 5	5/\$80
15577	Su	10:15am-10:45am	Feb 12-Mar 11	5/\$80
15578	Su	10:15am-10:45am	Feb 12-Mar 11	5/\$80
15590	Tu	3:30pm- 4:00pm	Jan 10-Feb 7	5/\$80
15591	Tu	4:15pm- 4:45pm	Jan 10-Feb 7	5/\$80
15592	Tu	3:30pm- 4:00pm	Feb 14-Mar 13	5/\$80
15593	Tu	4:15pm- 4:45pm	Feb 14-Mar 13	5/\$80