

# SKATING LESSON / Children & Youth

## Private Skating Lessons

■ **30-minute lessons (\$18.50):** Private lessons allow you or your child to improve current skills and learn new ones. These lessons are great for achieving specific goals (e.g. joining a hockey team or figure skating class, or just being able to play a pick-up game with friends), or to improve more quickly to the next level of a skating career.

■ **15-minute lessons (\$10).** These lessons improve a skater's skill level on the ice, and are recommended for those who are already registered in skating lessons. Get some one-on-one time with one of our qualified coaches to work on more specific skills and advance to the next level.

**\$75 for 5 lessons**

Call **250-642-8000** to book private lessons.

## Sharks Introductory Hockey

**7-11 yr.**

Is your child interested in hockey? These introductory lessons in a structured program teach the basic skills of the game in a fun, non-contact environment. Sticks, pucks and gloves are provided.

**Th 3:30 - 4:20 pm**  
**\$52.00 / 8**  
**Jan.14 - Mar. 4**  
**12535**

### Sharpening Hours

#### "While You Wait"

Skates dropped off outside of skate shop hours will be subject to a 24-hour turn-around period.

<b>Sunday</b>	<b>12 - 4 pm</b>	<b>\$4.50</b>
<b>Tuesday</b>	<b>3:30 - 8 pm</b>	<b>\$38.25/</b>
<b>Thursday</b>	<b>3:30 - 5 pm</b>	<b>10</b>
<b>Friday</b>	<b>2 - 8 pm</b>	<b>Punch Card</b>

**Closed on Holidays & Long Weekends.**



### ARENA SCHEDULE

**Jan. 2 to Mar. 5**

See page 19

## School Age Skate Lessons

**6-15 yr.**

Learn the basics of standing, marching and being confident to eventually learn to stop, skate backwards, do edges and begin crossovers (both forward and backward). 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!

**Tu 4:00 - 4:50 pm**  
**\$52.00 / 8**  
**Jan.12-Mar. 2 11928**

**Su 1:00 - 1:50 pm**  
**\$52.00 / 8**  
**Jan.10 - Feb.28 11929**

## Children's Skating Levels

**School Age Lesson Level 1 (Red).** For the skater who is just beginning. Learn to fall down and get up safely, how to balance on both feet individually and how to side step.

**School Age Lesson Level 2 (Orange).** For skaters who have completed the Level 1 (Red), or who can walk the width of the ice without falling. You will learn two-foot gliding, V-pushes and controlled forward skating.

**School Age Lesson Level 3 (Gold).** This level is for skaters who have completed the Level 2 (Orange), or have completed all the pre-school learn to skate levels or who can skate the length of the ice in a controlled manner. You will learn pumping on circles, crossover forward walk and backwards skating and gliding.

**School Age Lesson Level 4 (Yellow).** This level is for skaters who have completed Level 3 (Gold), or who can backwards skate and glide. You will learn forward and backward sculling, backward stopping and turning backward to forward.

**School Age Lesson Level 5 (Green).** For skaters who have completed Level 4 (Yellow), or who can do forward and backward sculling and backward to forward turns. Learn forward crossovers on a circle, gliding on either foot or backward pumping around a circle.

**School Age Lesson Level 6 (Blue).** For skaters who have completed Level 5 (Green), or who can do forward crossovers and backwards pumping around a circle. Learn Mohawk turns, two foot side stops and backwards crossovers.

## Skating - Balance & Agility

**8-10 yr.**

Do you want to improve your stride, crossovers, backwards skating and stopping? Skaters must be able to skate forwards and backwards. These sessions will be physically challenging, focussing on improving strength, power and endurance.

**W 3:30 - 4:20 pm**  
**\$58.50 / 8**  
**Jan.13 - Mar. 3 11932**