

# SKATING LESSONS / Preschool+

## Home Learners 3-14 yr. Skate Program

Home learner programs offered for home-schooled children during the day. Allows interaction in a sport-related environment with other home learners. Includes 30 min. structured skate lesson, 30 min. ice hockey or structured game followed by free time.

**M** 2:00 - 3:00 pm  
**\$52.00 / 8**  
**Jan.11 - Mar. 1 12245**

## Skate Lessons: 3-5 yr. Preschool

These are unparented classes, intended to 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.

**M,W** 1:00 - 1:50 pm  
**Jan.13 - Feb. 1**  
**\$39.00 / 6 11909**

**M,W** 1:00 - 1:50 pm  
**Feb.8 - Mar. 3**  
**\$52.00 / 8 11910**

**Tu** 4:00 - 4:50 pm  
**Jan.12 - Mar. 2**  
**\$52.00 / 8 11907**

**W** 10:00 - 10:50 am  
**Jan.13 - Mar. 3**  
**\$52.00 / 8 11911**

**Su** 1:00 - 1:50 pm  
**Jan.10 - Feb.28**  
**\$52.00 / 8 11908**

### Skating Lessons: 50 min.

**Once you're rolling** it's fun to keep going! Each skating lesson is for 50 minutes. **It's important to warm up** and practice a bit before learning new skills on the ice. **Our skate supervisor** monitors the quality of the skating program content. **All instructors are certified.** At each class a lesson leader will be on ice to support instructors and answer any questions parents may have.



**Carrie Sjostron**

Meet our skate team leader Carrie! She is on the ice during all lesson times to provide a link between parents and instructors. Carrie can answer questions you might have about your child's progress.

## Parent & Tot Skate Lessons 2 to 4 yr.

Join your child as he or she ventures out on the ice. This introductory level teaches confidence and some independence, making it easier for children to progress to higher skating levels. Parents will learn basic progressions, to help their child along the way. Parents must wear skates on the ice.

**Su** 1:00 - 1:50 pm  
**\$52.00 / 8**

**Jan.10 - Feb.28 11917**

**Tu** 4:00 - 4:50 pm  
**\$52.00 / 8**

**Jan.12 - Mar.2 11916**

**W** 9:00 - 9:50 am  
**\$52.00 / 8**

**Jan.13 - Mar 3 11918**

## Adult Skating Lessons 16+ yr.

**Get active and learn to skate. Adult skate lessons run in conjunction with preschool and school age lessons.**

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

**Tu** 4:00 - 4:50 pm **Su** 1:00 - 1:50 pm  
**\$52.00 / 8 \$52.00 / 8**

**Jan.12 - Mar. 2 11923 Jan.10-Feb.28 11924**

### Preschool Skating Levels

**Level 1 (Magenta Penguins).** This is the first level in the Preschool Learn to Skate Program. Perfect for children who have trouble standing by themselves. Covers the basic first steps such as safely falling down and getting up, touching your toes and marching a few steps. A great first step for any new skater.

**Level 2 (Silver Snow Seals).** For children who have completed Penguins or who can stand on their own and march several steps on the ice without falling. Learn how to march the width of the ice, balance on one foot, side step and glide.

**Level 3 (Teal Snow Birds).** For children who have completed Snow Seals or who can skate the length of the ice comfortably and touch their toes while skating. Plenty of gliding and skating as skills are improved.

**Level 4 (Purple Ice Hawks).** For children who have completed Snow Seals or who can skate and glide. Skills at this level include forward glide with lifted foot, V-pushes, backwards walk and semi-snow plow stops.

**\$1.00**

**RENTALS: Skate lesson fees do not include skate rentals. Regular rentals \$2.50 (only \$1.00 for skate lesson participants).**