



# LEARN TO SKATE *and* HOCKEY

# SUMMER PROGRAM

SESSION 5 - JULY 4TH - AUGUST 8TH FOR 6 WEEKS OF LESSONS  
Appleby Ice Centre - Pad 2

## PRESCHOOL (PS) Ages 3 - 5

Developing proper posture, pushing, gliding, stopping, turning, jumping and spinning through creative movement and play. Class ratio less than 1:6. Progress through 4 levels. Must be 3 years of age. No experience necessary. No parents are required on the ice.

Class Code	Day	Time	Cost
PSH19	Thursday	6:10-6:40	\$105
PSH20	Thursday	6:40-7:10	\$105

Skates, hockey helmets with face masks, water proof pants and mittens required.

## LEARN TO SKATE (LS) Ages 5 - 12

Learn the skills for becoming a recreational hockey player or figure skater, Development of forwards, backwards, stopping, turns, edges, crosscuts and jumping. Must be 5 years of age or passed star 3. Class ratio less than 1:7. Progress through 6 levels. No experience necessary.

Class Code	Day	Time	Cost
LSH10	Thursday	6:00-6:40	\$138
LSH11	Thursday	6:40-7:20	\$138

Skates, hockey helmets with face masks and mittens required.

## KINDERHOCKEY (KH) Ages 3 - 6

30 minutes of Instructional skating and drills with hockey sticks, followed by 10 minutes of an informal game time with pucks. A perfect program for the young inspiring hockey player. Must be able to get up and skate on their own.

Class Code	Day	Time	Cost
KHH1	Thursday	6:00-6:40	\$138

Skates, hockey helmets with face masks and mittens required.

## LEARN HOCKEY (HS) Ages 5 - 12

35 minutes of instructional skating and drills with equipment and sticks, followed by 10 minutes of an informal game. A perfect program for the novice hockey player or skater who has never before played hockey. Must be able to skate forward and backwards independently.

Class Code	Day	Time	Cost
LHH1	Thursday	6:40-7:20	\$138

Full equipment or a minimum of shin pads, stick, hockey gloves and a full hockey helmet.

## PRIVATE AND FAMILY LESSONS

Learn to skate as a family or privately. Cost is dependent on how many sign up for a class.  
\*Based on 4 weeks: \$205/person for 1 person | \$144/person for 2 people | \$120/person for 3 people

Class Code	Day	Time	Cost
PFH11	Thursday	6:50-7:20	*See Note -
PFH12	Thursday	6:20-6:50	

Skates, hockey helmets with face masks and mittens required.

# SEE YOU AT THE RINK

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