



LEARN TO SKATE *and* HOCKEY **SUMMER PROGRAM**

SESSION 5 - JULY 6TH - AUGUST 10TH FOR 6 WEEKS OF LESSONS
 Appleby Ice Centre - 1201 Appleby Line, Burlington.

PRESCHOOL (PS) Ages 3 - 5		Class Code	Day	Time	Cost
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.		PSU155	Thursday	6:00-6:30	\$105
		PSU165	Thursday	6:30-7:00	\$105
Skates, hockey helmets with face masks, water proof pants and mittens required.					
LEARN TO SKATE (LS) Ages 5 - 12		Class Code	Day	Time	Cost
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.		LSH85	Thursday	6:00-6:40	\$135
		LSH95	Thursday	6:40-7:20	\$135
Skates, hockey helmets with face masks and mittens required.					
LEARN HOCKEY (HS) Ages 5 - 12		Class Code	Day	Time	Cost
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.		HSH75	Thursday	6:40-7:20	\$135
Full equipment or a minimum of shin pads, stick, hockey gloves and a full hockey helmet.					
PRIVATE AND FAMILY LESSONS		Class Code	Day	Time	Cost
Learn to skate as a family or privately. Cost is dependent on how many sign up for a class. *Based on 4 weeks: \$134/person for 1 person \$109/person for 2 people \$84/person for 3 people Skates, hockey helmets with face masks and mittens required.		PFH55	Thursday	6:20-6:50	
		PFH65	Thursday	6:50-7:20	

SEE YOU AT THE RINK 905.749.2152 contactus@sportsconcept.ca

www.sportsconcept.ca

For the most updated schedules, information, **online registration** and availability go to www.sportsconcept.ca email: contactus@sportsconcept.ca

Mail to:
 Sports Concept
 353 Rosslyn Drive
 Burlington, Ontario
 L7N 1S5

Name: _____ Male: _____ Female: _____ Age: _____
 Address: _____ City: _____
 Postal Code: _____ Email: _____ Phone: _____
 Session: _____ Code: _____ Program Day: _____ Time: _____ Cost: _____
 Parent Signature: _____ Parent Name: _____ Date: _____
 Credit Card: VISA Mastercard No. _____ Exp: _____ Signature: _____

*Please make cheques payable to: Sports Concept. Thank You.