



**2018 TO 2019**



# LEARN TO SKATE Directed By: Tracey McQueen and HOCKEY PROGRAMS

- Session 1:** Starts Thursday, October 11th, 2018.
- Session 2:** Starts Thursday, November 29th, 2018.
- Session 3:** Starts Friday, January 25th, 2019.
- Session 4:** Starts Sunday, March 24th, 2019.

**ALL GROUP SESSIONS ARE  
7 WEEKS LONG**

Please Note: \*No skating during Christmas Break, December 25 – January 4. Also no skating Friday, February 1st and no skating Easter weekend.

**LOCATIONS FOR LESSONS: APPLEBY ICE CENTRE - 1201 APPLEBY LINE** (North of the Q.E.W. East Side)  
**MAINWAY RECREATION CENTRE - 4015 MAINWAY** (East of Walker's Line, North Side)  
**SKYWAY ARENA - 129 KENWOOD AVENUE** (East of Appleby Line, off of Lakeshore Road)  
**MOUNTAINSIDE RECREATION CENTRE - 2205 Mt FOREST DRIVE** (North of the Q.E.W. off of Brant Street)

## PRESCHOOL (PS) Ages 3 – 6

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. Skates, hockey helmets with face masks, water proof pants and mittens required. Class Codes do not represent levels.

### JUST CHOOSE THE BEST DAY AND TIME FOR YOU!

Class Code	Sessions Offered	Day	Time	Cost	Location
PSH1	1,2,3,4	Thursday	5:20-5:50	\$119	Appleby 1
PSH2	1,2,3,4	Thursday	5:50-6:20	\$119	Appleby 1
PSH3	1,2,3,4	Thursday	6:20-6:50	\$119	Appleby 1
PSF4	3	Friday	4:30-5:00	\$119	Mainway
PSF5	3	Friday	5:00-5:30	\$119	Mainway

Class Code	Sessions Offered	Day	Time	Cost	Location
PSS6	3	Saturday	9:00-9:30	\$119	Skyway
PSS7	1,2,3	Saturday	9:30-10:00	\$119	Skyway
PSS8	1,2,3	Saturday	10:00-10:30	\$119	Skyway
PSS9	1,2,3	Saturday	10:30-11:00	\$119	Skyway
PSU10	4	Sunday	11:00-11:30	\$119	Appleby 3
PSU11	4	Sunday	11:30-12:00	\$119	Appleby 3
PSU12	1,2,3,4	Sunday	12:00-12:30	\$119	Appleby 3
PSU13	1,2,3,4	Sunday	12:30-1:00	\$119	Appleby 3
PSU14	1,2,3,4	Sunday	1:00-1:30	\$119	Appleby 3
PSU15	1,2,3,4	Sunday	1:20-1:50	\$119	Appleby 3
PSU16	2,3	Sunday	9:20-9:50	\$119	Mt. Side
PSU17	2,3	Sunday	9:50-10:20	\$119	Mt. Side

PLEASE NOTE: Thursday's programs are in partnership with B.L.O.M.H.A.



## 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. Skates, hockey helmets with face masks and mittens required.

Class Code	Sessions Offered	Day	Time	Cost	Location
LSH1	1,2,3,4	Thursday	5:15-6:00	\$159	Appleby 1
LSH2	1,2,3,4	Thursday	6:05-6:50	\$159	Appleby 1

Class Code	Sessions Offered	Day	Time	Cost	Location
LSF3	3	Friday	4:45-5:30	\$159	Mainway
LSS4	1,2,3	Saturday	9:30-10:15	\$159	Skyway
LSS5	1,2,3	Saturday	10:15-11:00	\$159	Skyway
LSU6	3	Sunday	11:10-11:55	\$159	Appleby 3
LSU7	1,2,3,4	Sunday	12:05-12:50	\$159	Appleby 3
LSU8	1,2,3,4	Sunday	12:55-1:40	\$159	Appleby 3
LSU9	2,3	Sunday	9:35-10:20	\$159	Mt. Side

## LEARN TO FIGURE SKATE (FS) Ages 6 – 13

Introduction to figure skating. Continuation of Learn to Skate, with an emphasis on development of jumping, spinning and turning. Must be level 4 or higher.

Class Code	Sessions Offered	Day	Time	Cost	Location
FSU1	1,2,3,4	Sunday	12:05-12:50	\$159	Appleby 3
FSU2(adv)	1,2,3,4	Sunday	12:55-1:40	\$159	Appleby 3

**SEE YOU AT THE RINK**

905.749.2152  
contactus@sportsconcept.ca

[www.sportsconcept.ca](http://www.sportsconcept.ca)



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## Little Bulldogs LEARN TO HOCKEY (HS) Ages 4 – 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 will be divided into different groups based on ability. Private or Semi-Private lessons are also available. Please email to make arrangements. Full hockey equipment recommended and hockey helmet are required.

Class Code	Sessions Offered	Day	Time	Cost	Location
HSH1	1,2,3,4	Thursday	5:10-6:00	\$159	Appleby 1
HSH2	1,2,3,4	Thursday	6:00-6:50	\$159	Appleby 1
HSU3	1,2,3,4	Sunday	12:00-12:45	\$159	Appleby 3
HSU5(adv)	1,2,3,4	Sunday	12:50-1:35	\$159	Appleby 3



Thursday's program is in partnership with B.L.O.M.H.A. Participants will receive a Burlington Bulldog hockey jersey.

## PRIVATE & FAMILY LESSONS (PF)

Learn to skate as a family or privately. Cost is dependent on how many sign up for a class. (Private lessons start two weeks after each session starts).

**\$164/person for 1 person or \$140/person for 2 people or \$120/person for 3 people**

For other times please email to make arrangements.

Class Code	Sessions Offered	Day	Time	Cost	Location
PF51 4 weeks	1,2,3	Saturday	9:30-10:00	Varies	Skyway
PF52 4 weeks	1,2,3	Saturday	10:30-11:00	Varies	Skyway
PFU3 4 weeks	1,2,3,4	Sunday	12:50-1:20	Varies	Appleby 3
PFU4 4 weeks	1,2,3,4	Sunday	1:20-1:50	Varies	Appleby 3
PFU5 7 weeks	1,2,3,4	Sunday	1:40-1:50	\$70	Appleby 3
PFU6 7 weeks	1,2,3,4	Sunday	1:30-1:50	\$140	Appleby 3

## ADULT SKATE (AS) & TEENAGERS 13+

Enhance your skating skills, what ever your level is. For beginners who have never skated before to advanced groups. A great social and fitness program all in one.

Class Code	Sessions Offered	Day	Time	Cost	Location
ASU1	2,3	Sunday	9:50-10:30	\$159	Appleby 3
ASU2	1,2,3,4	Sunday	1:05-1:50	\$159	Mt. Side

## IMPORTANT NEWS:

- Register for a 4 sessions – Get 4th session free!! (must book all four together)
- Preschool programs start at age 3 – No parents are required on the ice
- Hockey helmets with face masks and mittens are mandatory for all programs
- All levels on the ice for each class/Classes are divided based on ability
- All on-line registrations will receive confirmations and tax receipt
- E-transfer – send to [contactus@sportsconcept.ca](mailto:contactus@sportsconcept.ca) (no convenience fee)
- All credit cards have a \$5 convenience fee
- No refund policy. Credit can be used toward future skating session
- Please add 13% H.S.T. \$119 = \$134.47 / \$159 = \$179.67
- Make cheques payable to Sports Concept and mail to: 353 Rosslyn Drive, Burlington ON L7N 1S5

**SEE YOU AT THE RINK** 905.749.2152 [contactus@sportsconcept.ca](mailto:contactus@sportsconcept.ca)

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