

# LEARN TO *skate* & HOCKEY PROGRAMS



2026

**SESSION 4 BEGINS: Thursday, April 2<sup>nd</sup>, 2026 | SESSION 5 BEGINS: Tuesday, July 7<sup>th</sup>, 2026**  
(Friday Classes Begin April 10<sup>th</sup>, 2026 – NO SKATING Good Friday, April 3<sup>rd</sup>)

**LOCATIONS: Mountainside Recreation Centre (MT.SIDE)** — 2205 Mt. Forest Dr. (North of the Q.E.W. between Guelph Line and Brant St)  
**Mainway Recreation Centre, Rink 2 (MAIN)** — 4015 Mainway (East of Walker's Line)  
**\*Last Day of skating (May 8<sup>th</sup>) will be at Appleby Ice Centre — 1201 Appleby Line (North of the Q.E.W.)\***

## PRESCHOOL (PS)

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 at least 3 yrs of age
- No experience necessary.
- All levels & ages on the ice (class codes do not represent levels)

**\*\* No parents on the ice \*\***

**Laced skates, hockey helmets with face masks, waterproof pants and mittens required.**

CLASS CODE	SESSION OFFERED	DAY	TIME	COST	LOCATION
PSH16	4	THURSDAY	5:35-6:05	\$130	MT.SIDE
PSH17	4	THURSDAY	6:05-6:35	\$130	MT.SIDE
PSH18	4	THURSDAY	6:35-7:05	\$130	MT.SIDE
PSF19	4	FRIDAY	5:05-5:35	\$130	MT.SIDE
PSF20	4	FRIDAY	5:35-6:05	\$130	MT.SIDE
PSF21	4	FRIDAY	6:05-6:35	\$130	MT.SIDE
PST22	5 (SUMMER)	TUESDAY	6:00-6:30	\$130	MAIN
PST23	5 (SUMMER)	TUESDAY	6:30-7:00	\$130	MAIN

## LEARN TO SKATE (LS)

Learn the skills for becoming a recreational hockey player, figure skater or ringette. Development of forwards, backwards, stopping, turns, edges, cross-cuts and jumping.

- Class ratio less than 1:8
- Progress through 6 levels
- Must be at least 4 yrs of age
- All levels & ages on the ice (class codes do not represent levels)

**Laced skates, hockey helmets and mittens required.**

CLASS CODE	SESSION OFFERED	DAY	TIME	COST	LOCATION
LSH13	4	THURSDAY	5:35-6:20	\$149	MT.SIDE
LSH14	4	THURSDAY	6:20-7:05	\$149	MT.SIDE
LSF15	4	FRIDAY	5:20-6:05	\$149	MT.SIDE
LSF16	4	FRIDAY	6:05-6:50	\$149	MT.SIDE
LST17	5 (SUMMER)	TUESDAY	6:05-6:50	\$146	MAIN
LST18	5 (SUMMER)	TUESDAY	6:50-7:35	\$146	MAIN

## LEARN TO HOCKEY (HS)

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.

CLASS CODE	SESSION OFFERED	DAY	TIME	COST	LOCATION
LHH6-5YR-7YR	4	THURSDAY	5:35-6:20	\$149	MT.SIDE
LHH7-8YR-UP	4	THURSDAY	6:20-7:05	\$149	MT.SIDE
LHF8	4	FRIDAY	5:20-6:05	\$149	MT.SIDE
LHT10-5YR-7YR	5 (SUMMER)	TUESDAY	6:05-6:50	\$149	MAIN
LHT11-8YR-UP	5 (SUMMER)	TUESDAY	6:50-7:35	\$149	MAIN

**FULL HOCKEY EQUIPMENT RECOMMENDED. GLOVES, STICKS & HOCKEY HELMET WITH CAGE ARE MANDATORY.**

**PRIVATE OR SEMI-PRIVATE LESSONS ARE ALSO AVAILABLE**  
Please email to make arrangements.

**5 WEEK SESSIONS**



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PRIVATE AND FAMILY LESSONS (PS)	CLASS CODE	SESSION OFFERED	DAY	TIME	COST	LOCATION
Learn to skate as a family or privately. • Cost is dependant on number of registrations and length of class. Lessons are generally 30-45min long and approx. \$60-\$120/per lesson.	PFH6	4	THURSDAY	7:15-7:45	VARIABLES	MT.SIDE
	PFF7	4	FRIDAY	6:20-6:50	VARIABLES	MT.SIDE
	PFT8	5 (SUMMER)	TUESDAY	7:00-7:30	VARIABLES	APPLEBY

LEARN TO FIGURE SKATE (FS)	CLASS CODE	SESSION OFFERED	DAY	TIME	COST	LOCATION
Introduction to figure skating. Continuation of Learn to Skate, with emphasis on development of jumping, spinning and turning. • Must be level 4 or higher	FSH4	4	THURSDAY	7:05-7:50	\$149	MT.SIDE
	FSF5	4	FRIDAY	6:05-6:50	\$149	MT.SIDE

TEEN / ADULT SKATE (AS)	CLASS CODE	SESSION OFFERED	DAY	TIME	COST	LOCATION
Enhance your skating skills, what ever your level is. For beginners who have never skated before, to advanced groups. <b>A great social and fitness program all in one.</b>	ASH5-BGN	4	THURSDAY	7:05-7:50	\$149	MT.SIDE
	ASH6-INT-ADV	4	THURSDAY	7:05-7:50	\$149	MT.SIDE
	ASH7-HOCKEY	4	THURSDAY	7:05-7:50	\$149	MT.SIDE

**5 WEEK SESSIONS**

## CLASS & PAYMENT INFO:

- Classes are divided based on ability
- All online registrations will receive a confirmation email and receipt
- E-transfers: send to [contactus@sportsconcept.ca](mailto:contactus@sportsconcept.ca) (no convenience fee)
- All credit card payments will have a \$5 convenience fee
- No refund policy. Credit can be used towards future skating session
- Please add 13% H.S.T (\$149 class = \$168.37 payment)
- Cheques payable to Sports Concept



SEE YOU AT THE RINK!

905.749.2152  
[contactus@sportsconcept.ca](mailto:contactus@sportsconcept.ca)

[www.sportsconcept.ca](http://www.sportsconcept.ca) Sports Concepts @sports.concept.burlington