

# LEARN TO *skate* & HOCKEY PROGRAMS



2025

SESSION 4 BEGINS: Thursday, April 3<sup>rd</sup>, 2025 | SESSION 5 BEGINS: Tuesday, July 8<sup>th</sup>, 2025

**LOCATIONS: Mountainside Recreation Centre (MT.SIDE)** — 2205 Mt. Forest Dr. (North of the Q.E.W. between Guelph Line and Brant St)  
**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)**

| CLASS CODE | SESSION OFFERED | DAY      | TIME      | COST  | LOCATION |
|------------|-----------------|----------|-----------|-------|----------|
| PSH13      | 4               | THURSDAY | 5:35-6:05 | \$128 | MT.SIDE  |
| PSH14      | 4               | THURSDAY | 6:05-6:35 | \$128 | MT.SIDE  |
| PSH15      | 4               | THURSDAY | 6:35-7:05 | \$128 | MT.SIDE  |
| PST16      | 5               | TUESDAY  | 6:00-6:30 | \$128 | APPLEBY  |
| PST17      | 5               | TUESDAY  | 6:30-7:00 | \$128 | APPLEBY  |

**No parents are required on the ice. Skates, hockey helmets with face masks, waterproof pants and mittens required.**

## 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)**

| CLASS CODE    | SESSION OFFERED | DAY      | TIME      | COST  | LOCATION |
|---------------|-----------------|----------|-----------|-------|----------|
| LSH10-BGN-INT | 4               | THURSDAY | 5:35-6:20 | \$146 | MT.SIDE  |
| LSH11-INT-ADV | 4               | THURSDAY | 6:20-7:05 | \$146 | MT.SIDE  |
| LSH12-BGN-ADV | 4               | THURSDAY | 7:15-8:00 | \$146 | MT.SIDE  |
| LST14         | 5               | TUESDAY  | 6:05-6:50 | \$146 | APPLEBY  |
| LST15         | 5               | TUESDAY  | 6:50-7:35 | \$146 | APPLEBY  |

**Skates, hockey helmets and mittens required.**

## 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 | \$146 | MT.SIDE  |
| LHH7-8YR-12YR  | 4               | THURSDAY | 6:20-7:05 | \$146 | MT.SIDE  |
| LHH8-12YR-PLUS | 4               | THURSDAY | 7:15-8:00 | \$146 | MT.SIDE  |
| LHT10          | 5               | TUESDAY  | 6:05-6:50 | \$146 | APPLEBY  |
| LHT11-ADV      | 5               | TUESDAY  | 6:50-7:35 | \$146 | APPLEBY  |

**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.<br><ul style="list-style-type: none"> <li>Cost is dependant on number of registrations and length of class. Lessons are generally 30-45min long and approx. \$60-\$120/per lesson.</li> </ul> | PFH6       | 4               | THURSDAY | 7:15-8:30 | Varies | MT.SIDE  |
|  | PFT4       | 5               | TUESDAY  | 6:30-7:00 | Varies | APPLEBY  |
|  | PFT5       | 5               | TUESDAY  | 7:00-7:30 | Varies | 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.<br><ul style="list-style-type: none"> <li>Must be level 4 or higher</li> </ul> | FSH4       | 4               | THURSDAY | 7:15-8:00 | \$146 | 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.<br><b>A great social and fitness program all in one.</b> | ASH3       | 4               | THURSDAY | 7:15-8:00 | \$146 | 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 (\$146 class = \$164.98 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