



2020 LEARN TO SKATE and HOCKEY PROGRAMS

Directed By: Tracey McQueen

SESSION 1: Tuesday, October 13th – Sunday, November 15th 2020.
SESSION 2: Tuesday, November 17th – Sunday, December 20th 2020.

5 WEEKS LONG

LOCATION FOR LESSONS:

MOUNTAINSIDE RECREATION CENTRE - 2205 Mt. FOREST DRIVE (North of the Q.E.W. off of Brant Street)

LEARN TO HOCKEY (HS) Ages 4 - 6/7 - 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.

| Class Code | Sessions Offered | Day | Time | Cost | Location |
|------------|------------------|---------|-----------|-------|----------|
| HST1 | 1, 2 | Tuesday | 6:00-6:45 | \$138 | Mt. Side |
| HSU2 | 1, 2 | Sunday | 1:35-2:20 | \$138 | Mt. Side |

Full hockey equipment recommended. Gloves, sticks and hockey helmet with cage are mandatory.

LEARN TO SKATE (LS) Ages 4 - 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 4 years of age and can stand independently on the ice. Class ratio less than 1:7. Progress through 6 levels.

Skates, hockey helmets and mittens required.

| Class Code | Sessions Offered | Day | Time | Cost | Location |
|------------|------------------|---------|-------------|-------|----------|
| LST1 | 1, 2 | Tuesday | 5:25-6:10 | \$138 | Mt. Side |
| LST2 | 1, 2 | Tuesday | 6:10-7:00 | \$138 | Mt. Side |
| LSU3 | 1, 2 | Sunday | 11:30-12:15 | \$138 | Mt. Side |
| LSU4 | 1, 2 | Sunday | 12:20-1:05 | \$138 | 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 | Sunday | 1:35-2:20 | \$138 | Mt. Side |

PRIVATE & FAMILY LESSONS (PF)

Learn to skate as a family or privately. Cost is dependent on how many sign up for a class.

\$235/person for 1 person or \$140/person for 2 people or \$110/person for 3 people

*Based on 4 weeks.

| Class Code | Sessions Offered | Day | Time | Cost | Location |
|------------|------------------|---------|-----------|--------|----------|
| PFT1 | 1, 2 | Tuesday | 5:25-6:00 | Varies | Mt. Side |
| PFU2 | 1, 2 | Sunday | 2:25-3:00 | Varies | Mt. Side |


For other times please email to make arrangements.

ADULT SKATE (AS) & TEENAGERS

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 | 1, 2 | Sunday | 1:35-2:20 | \$138 | Mt. Side |

IMPORTANT NEWS:

- Face masks  are MANDATORY inside the building but not on the ice
- COVID-19 waiver MUST be signed prior to going on the ice each time
- Parents/Guardians MUST screen for COVID-19 symptoms prior to each skate
- 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 (no convenience fee)
- All credit cards have a \$5 convenience fee
- No refund policy. Credit can be used toward future skating session
- Make-up Class - Tuesday, December 22nd 6:00-7:00pm
- Please add 13% H.S.T. (\$138 = \$155.95)
- 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

www.sportsconcept.ca