



2021-2022 LEARN TO SKATE and HOCKEY PROGRAMS

Directed By: Tracey McQueen

SESSION 3: Starts Thursday, January 6th, 2022
SESSION 4: Starts Thursday, February 17th, 2022

**ALL GROUP SESSIONS ARE
6 WEEKS LONG**

LOCATION FOR LESSONS:

Mainway Recreation Centre - 4015 Mainway (East of Walker's Line)
Mountainside Recreation Centre - 2205 Mt. Forest Drive (North of the Q.E.W. between Guelph Line and Brant Street)
Nelson Recreation Centre - 4235 New Street

PRE-SCHOOL (PS)	Class Code	Sessions Offered	Day	Time	Cost	Location	
<p>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 4 years of age. No experience necessary.</p> <p>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.</p>	PSH1	3,4	Thursday	5:30-6:00	\$139	Mainway	
	PSH2	3,4	Thursday	6:00-6:30	\$139	Mainway	
	PSH3	3,4	Thursday	6:30-7:00	\$139	Mainway	
	PSH4	3,4	Thursday	7:15-7:45	\$139	Mainway	
	PSF5	3,4	Friday	5:00-5:30	\$139	Mt. Side	
	PSF6	3,4	Friday	5:30-6:00	\$139	Mt. Side	
	PSF7	3,4	Friday	6:00-6:30	\$139	Mt. Side	
	PSSI3	3,4	Saturday	11:40-12:10	\$139	Nelson	
	PSSI0	3,4	Saturday	12:10-12:40	\$139	Nelson	
	PSSI1	3,4	Saturday	12:40-1:10	\$139	Nelson	
	PSSI2	3,4	Saturday	1:10-1:40	\$139	Nelson	
	LEARN TO SKATE (LS)	Class Code	Sessions Offered	Day	Time	Cost	Location
<p>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 and can stand independently on the ice. Class ratio less than 1:8. Progress through 6 levels.</p> <p>Skates, hockey helmets and mittens required.</p>	LSHI-BGN-INT	3,4	Thursday	5:30-6:15	\$179	Mainway	
	LSH2-INT-ADV-FS	3,4	Thursday	6:15-7:00	\$179	Mainway	
	LSH3-ALL	3,4	Thursday	7:10-7:55	\$179	Mainway	
	LSF5	3,4	Friday	5:00-5:45	\$179	Mt. Side	
	LSF6	3,4	Friday	5:45-6:30	\$179	Mt. Side	
	LSF7	3,4	Friday	6:35-7:20	\$179	Mt. Side	
	LSS9	3,4	Saturday	11:30-12:15	\$179	Nelson	
	LSS10	3,4	Saturday	12:15-1:00	\$179	Nelson	
	LEARN TO HOCKEY (HS)	Class Code	Sessions Offered	Day	Time	Cost	Location
	<p>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.</p> <p>Class will be divided into different groups based on ability. Private or Semi-Private lessons are also available. Please email to make arrangements.</p>	LHH1-5YR-7YR	3,4	Thursday	5:30-6:15	\$179	Mainway
LHH2-8YR-10YR		3,4	Thursday	6:15-7:00	\$179	Mainway	
LHH4-ADULTS/TEEN		3,4	Thursday	7:10-7:55	\$179	Mainway	
LH55		3,4	Saturday	11:30-12:15	\$179	Nelson	
LH56		3,4	Saturday	12:20-1:05	\$179	Nelson	
<p>Full hockey equipment recommended. Gloves, sticks and hockey helmet with cage are mandatory.</p>							



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PRIVATE & FAMILY LESSONS (PF)	Class Code	Sessions Offered	Day	Time	Cost	Location
Learn to skate as a family or privately. Cost is dependent on how many sign up for a class.	PLH1	3,4	Thursday	7:20-7:50	Varies	Mainway
	PLH2	3,4	Friday	7:20-7:50	Varies	Mt. Side
	PIH4	3,4	Saturday	1:15-1:45	Varies	Nelson
LEARN TO FIGURE SKATE (FS)	Class Code	Sessions Offered	Day	Time	Cost	Location
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.	LFS1-INTRO	3,4	Friday	6:35-7:20	\$179	Mt. Side
	LFS2-INTRO	3,4	Saturday	1:10-1:55	\$179	Nelson
TEEN/ADULT SKATE (AS)	Class Code	Sessions Offered	Day	Time	Cost	Location
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.	ASHI/TEEN	3,4	Thursday	7:10-7:55	\$179	Mainway

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
- Skater (12+)/Parents/Guardians MUST be screened and vaccinated for COVID-19 as per provincial legislation
- 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
- Please add 13% H.S.T. (\$139= \$157.07)
- Make cheques payable to Sports Concept

SEE YOU AT THE RINK

905.749.2152
contactus@sportsconcept.ca