



**ALL GROUP SESSIONS ARE
7 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)
Appleby Ice Centre - 1201 Appleby Line (south of Mainway and North of Q.E.W.)

PRESCHOOL (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.</p> <p>Class Codes do not represent levels.</p>	PSH12	5	Thursday	5:35-6:05	\$164	Mainway/Mt. Side
	PSH13	5	Thursday	6:05-6:35	\$164	Mainway/Mt. Side
	PSH14	5	Thursday	6:35-7:05	\$164	Mainway/Mt. Side
	PSH15	5	Thursday	7:15-7:45	\$164	Mainway/Mt. Side
	PST16	6	Tuesday	6:00-6:30	\$164	Appleby
	PST17	6	Tuesday	6:30-7:00	\$164	Appleby
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>	LSH10-BGN-INT	5	Thursday	5:35-6:20	\$199	Mainway/Mt. Side
	LSH11-INT-ADV	5	Thursday	6:20-7:05	\$199	Mainway/Mt. Side
	LSH12-ALL	5	Thursday	7:15-8:00	\$199	Mainway/Mt. Side
	LSH13-ADULT-TEEN	5	Thursday	7:15-8:00	\$199	Mainway/Mt. Side
	LST14	6	Tuesday	6:05-6:50	\$199	Appleby
	LST15	6	Tuesday	6:50-7:35	\$199	Appleby
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>	LHH6-5YR-7YR	5	Thursday	5:35-6:20	\$199	Mainway/Mt. Side
	LHH7-8YR-12YR	5	Thursday	6:20-7:05	\$199	Mainway/Mt. Side
	LHH8-12YR-PLUS	5	Thursday	7:15-8:00	\$199	Mainway/Mt. Side
	LHT9	6	Tuesday	5:35-6:20	\$199	Appleby
	LHT10	6	Tuesday	6:20-7:05	\$199	Appleby
	LHT11-ADV	6	Tuesday	7:15-8:00	\$199	Appleby
<p>Full hockey equipment recommended. Gloves, sticks and hockey helmet with cage are mandatory.</p>						



2022-2023 LEARN TO SKATE and HOCKEY PROGRAMS

Directed By: Tracey McQueen

SESSION 5: Starts Thursday, March 23rd, 2023

SESSION 6: Starts Tuesday, July 4th, 2023

**ALL GROUP SESSIONS ARE
7 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)
 Appleby Ice Centre - 1201 Appleby Line (south of Mainway and North of Q.E.W.)

PRIVATE & FAMILY LESSONS (PF)	Class Code	Sessions Offered	Day	Time	Location	
Learn to skate as a family or privately. Cost is dependent on how many sign up for a class.	PFT3	6	Tuesday	6:30-7:00	Varies	Appleby
	PFT4	6	Tuesday	7:00-7:30	Varies	Appleby
	PFH5	5	Thursday	6:35-7:05	Varies	Mainway/Mt. Side
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.	FSH3-INTRO	5	Thursday	7:15-8:00	\$199	Mainway/Mt. Side
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.	ASH2	5	Thursday	7:15-8:00	\$164	Mainway/Mt. Side

IMPORTANT NEWS:

- 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. (\$164= \$185.32)
- Make cheques payable to Sports Concept

SEE YOU AT THE RINK

905.749.2152
contactus@sportsconcept.ca

www.sportsconcept.ca Sports Concepts @sports.concept.burlington