

LEARN TO *skate* & HOCKEY PROGRAMS



2024/2025

SESSION 1 BEGINS: Thursday, October 3rd, 2024 | SESSION 2 BEGINS: Friday, November 22nd, 2024
SESSION 3 BEGINS: Friday, January 24th, 2025

** (NO SKATING: (S1) October 31st; (S2) December 21st–January 3rd; (S3) January 24th, February 20th, 21st, 22nd **

LOCATIONS: Mainway Recreation Centre (MAIN) Rink 2 — 4015 Mainway (East of Walker's Line)
Mountainside Recreation Centre (MOUNT) — 2205 Mt. Forest Dr. (North of the Q.E.W. between Guelph Line and Brant St)
Nelson Community Centre — 4235 New Street (Between Walker's Line and Appleby Line)

PRESCHOOL (PS)	CLASS CODE	SESSION OFFERED	DAY	TIME	COST	LOCATION
Developing proper posture, pushing, gliding, stopping, turning, jumping and spinning through creative movement and play. <ul style="list-style-type: none"> • Class ratio less than 1:6 • Progress through 4 levels • Must be at least 4yrs of age • No experience necessary. • All levels & ages on the ice (class codes do not represent levels) No parents are required on the ice. Skates, hockey helmets with face masks, waterproof pants and mittens required.	PSH1	1 2 3	THURSDAY	5:35-6:05	\$172	MAIN
	PSH2	1 2 3	THURSDAY	6:05-6:35	\$172	MAIN
	PSH3	1 2 3	THURSDAY	6:35-7:05	\$172	MAIN
	PSF5	1 2 3	FRIDAY	5:00-5:30	\$172	MOUNT
	PSF6	1 2 3	FRIDAY	5:30-6:00	\$172	MOUNT
	PSF7	1 2 3	FRIDAY	6:00-6:30	\$172	MOUNT
	PSF8	1 2 3	FRIDAY	6:30-7:00	\$172	MOUNT
	PSS10	3	SATURDAY	9:30-10:00	\$172	NELSON
	PSS11	3	SATURDAY	10:00-10:30	\$172	NELSON
	PSS12	3	SATURDAY	10:30-11:00	\$172	NELSON

LEARN TO SKATE (LS)	CLASS CODE	SESSION OFFERED	DAY	TIME	COST	LOCATION
Learn the skills for becoming a recreational hockey player, figure skater or ringette. Development of forwards, backwards, stopping, turns, edges, cross-cuts and jumping. <ul style="list-style-type: none"> • Class ratio less than 1:8 • Progress through 6 levels • Must be at least 5yrs of age and can stand independently on the ice • All levels & ages on the ice (class codes do not represent levels) Skates, hockey helmets and mittens required.	LSH1	1 2 3	THURSDAY	5:35-6:20	\$204	MAIN
	LSH2	1 2 3	THURSDAY	6:20-7:05	\$204	MAIN
	LSH3	1 2 3	THURSDAY	7:15-8:00	\$204	MAIN
	LSF5	1 2 3	FRIDAY	5:00-5:45	\$204	MOUNT
	LSF6	1 2 3	FRIDAY	5:45-6:30	\$204	MOUNT
	LSF7	1 2 3	FRIDAY	6:35-7:20	\$204	MOUNT
	LSS8	3	SATURDAY	9:30-10:15	\$204	NELSON
	LSS9	3	SATURDAY	10:15-11:00	\$204	NELSON

LEARN TO HOCKEY (HS)	CLASS CODE	SESSION OFFERED	DAY	TIME	COST	LOCATION
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 <ul style="list-style-type: none"> • 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.	LHH1-5YR-8YR	1 2 3	THURSDAY	5:35-6:20	\$204	MAIN
	LHH2-8YR-11YR	1 2 3	THURSDAY	6:20-7:05	\$204	MAIN
	LHH3-11YR-PLUS	1 2 3	THURSDAY	7:15-8:00	\$204	MAIN
	LHS4-ALL	3	SATURDAY	9:30-10:15	\$204	NELSON

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



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PRIVATE & FAMILY LESSONS (PF)

Learn to skate as a family or privately.

- Cost is dependant on number of registrants per group (approx. \$60-\$120/per lesson).

CLASS CODE	SESSION OFFERED	DAY	TIME	LOCATION
TIMES TO BE ARRANGED WITH DIRECTOR				
	1 2 3	THURSDAY FRIDAY SATURDAY	VARIES	VARIES

LEARN TO FIGURE SKATE (FS)

Introduction to figure skating. Continuation of Learn to Skate, with emphasis on development of jumping, spinning and turning.

- Must be level 4 or higher

CLASS CODE	SESSION OFFERED	DAY	TIME	COST	LOCATION
FSH1-I	1 2 3	THURSDAY	7:15-8:00	\$204	MAIN
F2H2	1 2 3	FRIDAY	6:35-7:20	\$204	MOUNT

TEEN / ADULT SKATE (AS)

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	SESSION OFFERED	DAY	TIME	COST	LOCATION
ASH1	1 2 3	THURSDAY	7:35-8:20	\$204	MAIN
ASS2	3	SATURDAY	10:35-11:20	\$204	NELSON

7 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 (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 (\$172 class = \$194.36 payment)
- Cheques payable to Sports Concept
- Make up class March 21/22 2025



SEE YOU AT THE RINK!

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

905.749.2152
contactus@sportsconcept.ca