



Directed By: Tracey McQueen

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><b>Class Codes do not represent levels.</b></p>	PSH1	1,2,4	Thursday	5:35-6:05	\$169	Mainway
	PSH2	1,2,4	Thursday	6:05-6:35	\$169	Mainway
	PSH3	1,2,4	Thursday	6:35-7:05	\$169	Mainway
	PSH4	1,2,4	Thursday	7:15-7:45	\$169	Mainway
	PSF5	1,2,4	Friday	5:00-5:30	\$169	Mt. Side
	PSF6	1,2,4	Friday	5:30-6:00	\$169	Mt. Side
	PSF7	1,2,4	Friday	6:00-6:30	\$169	Mt. Side
	PSF8	1,2,4	Friday	6:30-7:00	\$169	Mt. Side
	PSS10	3	Saturday	9:30-10:00	\$169	Nelson
	PSS11	3	Saturday	10:00-10:30	\$169	Nelson
	PSS12	3	Saturday	10:30-11:00	\$169	Nelson
LEARN TO SKATE (LS)	Class Code	Sessions Offered	Day	Time	Cost	Location
<p>Learn the skills for becoming a recreational hockey player, figure skater or ringette. Development of forwards, backwards, stopping, turns, edges, cross-cuts 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><b>Skates, hockey helmets and mittens required.</b></p>	LSH1-BGN-INT	1,2,4	Thursday	5:35-6:20	\$199	Mainway
	LSH2-ALL	1,2,4	Thursday	6:20-7:05	\$199	Mainway
	LSH3-ALL	1,2,4	Thursday	7:15-8:00	\$199	Mainway
	LSH4-ADULT-TEEN	1,2,4	Thursday	7:15-8:00	\$199	Mainway
	LSF5-BGN-INT	1,2,4	Friday	5:00-5:45	\$199	Mt. Side
	LSF6-ALL	1,2,4	Friday	5:45-6:30	\$199	Mt. Side
	LSF7-ALL	1,2,4	Friday	6:35-7:20	\$199	Mt. Side
	LSS8-ALL	4	Saturday	9:30-10:15	\$199	Nelson
	LSS9-ALL	4	Saturday	10:15-11:00	\$199	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	1,2,4	Thursday	5:35-6:20	\$199	Mainway
	LHH2-8YR-12YR	1,2,4	Thursday	6:20-7:05	\$199	Mainway
	LHH3-12YR-PLUS	1,2,4	Thursday	7:15-8:00	\$199	Mainway
	LHS4-BGN-INT	4	Saturday	9:30-10:15	\$199	Nelson
	LHS5-INT-ADV	4	Saturday	10:15-11:00	\$199	Nelson
	Full hockey equipment recommended. Gloves, sticks and hockey helmet with cage are mandatory.					



# 2023-2024 LEARN TO SKATE and HOCKEY PROGRAMS

Directed By: Tracey McQueen

**SESSION 1:** Starts Thursday, October 5th, 2023  
**SESSION 2:** Starts Thursday, November 23rd, 2023  
**SESSION 3:** Starts Saturday, January 6th, 2024  
**SESSION 4:** Starts Thursday, January 18th, 2024  
 (No skating February 22, 23, 24)  
**SESSION 5:** Starts Thursday, March 21st, 2024

**ALL GROUP SESSIONS ARE  
7 WEEKS LONG**

**LOCATION FOR LESSONS:** Mainway Recreation Centre (Rink 2) – 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 Community Centre – 4235 New Street (between Walkers Line and Appleby Line)

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.	Days and times to be arranged with Director.					
		1,2,3,4	Thursday, Friday, Saturday	Varies	Varies	
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.	FSH1-I	1,2,4	Thursday	7:15-8:00	\$199	Mainway
	FSF2	1,2,4	Friday	6:35-7:20	\$199	Mt. Side
	FSS3	3	Saturday	10:15-11:00	\$199	Nelson
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.	ASH1	1,2,4	Thursday	7:35-8:20	\$199	Mainway
	ASS2	3	Saturday	10:15-11:00	\$199	Nelson
PICKLEBALL ON ICE	Class Code	Sessions Offered	Day	Time	Cost	Location
Join the fastest growing sport on ICE. Bring your paddle and helmet. Basic skating skills is necessary.	PBH1	1,2,4	Thursday	7:40-8:20	\$140	Mainway
	Teens, adults and seniors – all welcome					

## 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](mailto: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. (\$169= \$190.97)
- Make cheques payable to Sports Concept
- Make up class March 2nd

## 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