



Preschool Learn to Skate Programs - Fall 2011/Winter 2012

This 30 minute, 10 week program for children aged 3 to 5 years (we are very firm on the age requirements) emphasizes fun and fitness while learning basic skating skills. There are 4 levels that focus on different skills. For their comfort we suggest you child wear snowpants, mittens and have sharpened skates. Please note that HOCKEY HELMETS ARE MANDATORY. Keep in mind that the ability level of the class will determine the progress of instruction. Instructors are certified and all programs are held at the Kinex Arena, 66 Hebert Rd.



Please refer to the program description of each level to ensure you have chosen the correct class for your child. **The registration deadline is September 26th.** Space is limited, so register as soon as possible!

LEVEL 1 - GET UP AND GO

This class is designed for children who have no skating experience. Parents are required to attend the first class with their child and may be asked to assist their child on the ice for the first few lessons. Your child will learn that skating is fun! The focus of the class is on:

- balance
- posture
- sitting down and getting up off the ice
- marching/duck walk
- marching the width of the ice
- initiating backwards walk

Fall 2011

MONDAYS Oct 3 – Dec 12 (no class Oct 10)	TUESDAYS Oct 4 – Dec 6	WEDNESDAYS Oct 5 – Dec 7	THURSDAYS Oct 6 – Dec 8	SATURDAYS Oct 8 – Dec 10	
10 – 10:30 am \$60 • Code: 15251	1 – 1:30 pm \$60 • Code: 15254	10 – 10:30 am \$60 • Code: 15257	1 – 1:30 pm \$60 • Code: 15259	10:30 – 11 am \$60 • Code: 15262	10:30 – 11 am \$60 • Code: 15263
10:30 – 11 am \$60 • Code: 15252	1:30 – 2 pm \$60 • Code: 15255	11 – 11:30 am \$60 • Code: 15258	1:30 – 2 pm \$60 • Code: 15260	11 – 11:30 am \$60 • Code: 15264	11:30 – 12 noon \$60 • Code: 15265
11 – 11:30 am \$60 • Code: 15253	2 – 2:30 pm \$60 • Code: 15256		2 – 2:30 pm \$60 • Code: 15261	11:30 – 12 noon \$60 • Code: 15266	12:30 – 1 pm \$60 • Code: 15267
				1 – 1:30 pm \$60 • Code: 15268	1 – 1:30 pm \$60 • Code: 15269

Winter 2012

MONDAYS Jan 9 – Mar 19 (no class Feb 20)	TUESDAYS Jan 10 – Mar 13	WEDNESDAYS Jan 11 – Mar 14	THURSDAYS Jan 12 – Mar 15	SATURDAYS Jan 14 - Mar 17	
10 – 10:30 am \$60 • Code: 15665	1 – 1:30 pm \$60 • Code: 15668	10 – 10:30 am \$60 • Code: 15671	1 – 1:30 pm \$60 • Code: 15673	10:30 – 11 am \$60 • Code: 15676	11 – 11:30 am \$60 • Code: 15677
10:30 – 11 am \$60 • Code: 15666	1:30 – 2 pm \$60 • Code: 15669	10:30 – 11 am \$60 • Code: 15672	1:30 – 2 pm \$60 • Code: 15674	11:30 – 12 noon \$60 • Code: 15678	11:30 – 12 noon \$60 • Code: 15679
11 – 11:30 am \$60 • Code: 15667	2 – 2:30 pm \$60 • Code: 15670		2 – 2:30 pm \$60 • Code: 15675	12:30 – 1 pm \$60 • Code: 15680	12:30 – 1 pm \$60 • Code: 15681



LEVEL 2 - SLIDE AND GLIDE

This class is designed for children who are able to get up and move on their own. Your child will learn that skating is still fun and there is more to come! They will continue to practice the following skills:

- balance
- posture
- skating the width of the ice
- skating and lifting one foot up
- 2-foot glides
- Your child will be also be introduced to moving backwards and the 2-foot stop

Fall 2011

MONDAYS Oct 3 – Dec 12 (no class Oct 10)	TUESDAYS Oct 4 – Dec 6	WEDNESDAYS Oct 5 – Dec 7	THURSDAYS Oct 6 – Dec 8	SATURDAYS Oct 8 – Dec 10	
10 – 10:30 am \$60 • Code: 15405	1:30 – 2 pm \$60 • Code: 15407	10:30 – 11 am \$60 • Code: 15409	1 – 1:30 pm \$60 • Code: 15410	10:30 – 11 am \$60 • Code: 15412	11 – 11:30 am \$60 • Code: 15413
10:30 – 11 am \$60 • Code: 15406	2 – 2:30 pm \$60 • Code: 15408		1:30 – 2 pm \$60 • Code: 15411	11:30 – 12 noon \$60 • Code: 15438	12:30 – 1 pm \$60 • Code: 15439

Winter 2012

MONDAYS Jan 9 – Mar 19 (no class Feb 20)	TUESDAYS Jan 10 – Mar 13	WEDNESDAYS Jan 11 – Mar 14	THURSDAYS Jan 12 – Mar 15	SATURDAYS Jan 14 – Mar 17	
10:30 – 11 am \$60 • Code: 15685	1 – 1:30 pm \$60 • Code: 15687	11 – 11:30 am \$60 • Code: 15689	1:30 – 2 pm \$60 • Code: 15690	10:30 – 11 am \$60 • Code: 15692	10:30 – 11 am \$60 • Code: 15693
11 – 11:30 am \$60 • Code: 15686	1:30 – 2 pm \$60 • Code: 15688		2 – 2:30 pm \$60 • Code: 15691	11 – 11:30 am \$60 • Code: 15694	11:30 – 12 noon \$60 • Code: 15695
				12:30 – 1 pm \$60 • Code: 15696	1 – 1:30 pm \$60 • Code: 15697

LEVEL 3 - ON THE EDGE

This class is designed for children who are able to get up and move on their own. Your child will be working on the following skills:

- 2 foot jumps
- 1 foot glides
- lollipops
- 2 foot glides on a curve
- step spins
- squatting
- 2 foot stops
- introduced to backwards skating

Fall 2011

MONDAYS Oct 3 – Dec 12 (no class Oct 10)	TUESDAYS Oct 4 – Dec 6	WEDNESDAYS Oct 5 – Dec 7	THURSDAYS Oct 6 – Dec 8	SATURDAYS Oct 8 – Dec 10	
11 – 11:30 am \$60 • Code: 15440	1 – 1:30 pm \$60 • Code: 15441	No classes	2 – 2:30 pm \$60 • Code: 15442	11 – 11:30 am \$60 • Code: 15443	12:30 – 1 pm \$60 • Code: 15444

Winter 2012

MONDAYS Jan 9 – Mar 19 (no class Feb 20)	TUESDAYS Jan 10 – Mar 13	WEDNESDAYS Jan 11 – Mar 14	THURSDAYS Jan 12 – Mar 15	SATURDAYS Jan 14 – Mar 17	
10 – 10:30 am \$60 • Code: 15698	2 – 2:30 pm \$60 • Code: 15699	No classes	1 – 1:30 pm \$60 • Code: 15700	11 – 11:30 am \$60 • Code: 15701	1 – 1:30 pm \$60 • Code: 15702

**See the next page for more information on level four skating and drop-in skating*



LEVEL 4 - SPEEDY SKATERS

This class is designed for children who are able to move well, change direction and stop on their skates. Your child will learn the following skills:

- skating backwards
- T-push formation and practice the T-push
- 2 foot spins
- one foot glides on a curve
- circle thrust
- initiate edge pushes

Fall 2011

Saturdays
Oct 8 – Dec 10

1 – 1:30 pm
\$60 • Code: 15445

Winter 2012

Saturdays
Jan 14 – Mar 17

1 – 1:30 pm
\$60 • Code: 15703

Free Fall Family Skates sponsored by *Tim Hortons*.

Scarecrow Skate

Sunday, September 25



Skate & Scare

Sunday, October 23



Northpole Skate

Sunday, December 18



Family Skates
run from
1:45 - 3:15 pm
in the
Kinex Arena

**For the most up
to date information
and cancellations on
drop-in ice programs at
Kinex, check out
www.servusplace.ca
or call 780.418.6088**

