

# Ice Season 2008-2009

*Instructional Fee: \$50.00 for each Program Session*

## August, 2008

*August 18 – 22 (Monday through Friday)*

**Power Skating** 9:00 am – 9:45 am

**Figure Skating** 10:00 am – 10:45 am

**Learn to Skate** 11:00 am – 11:45 am

**Learn to Play** 5:30 pm – 6:15 pm

## September

*September 10 – October 8 (Wednesdays)*

**Parent & Tot** 5:30 pm – 6:00 pm

**Learn to Skate** 6:00 pm – 6:30 pm

*September 13 – October 11 (Saturdays)*

**Learn to Skate** 11:15 am – 12:00 pm

## October

*October 22 – November 19 (Wednesdays)*

**Parent & Tot** 5:30 pm – 6:00 pm

**Learn to Skate** 6:00 pm – 6:30 pm

*October 25 – November 22 (Saturdays)*

**Learn to Skate** 11:15 am – 12:00 pm

## November

*November 14 – December 19 (Fridays) [no class November 28 due to Thanksgiving]*

**Learn to Play** 5:45 pm – 6:30 pm

## January, 2009

*January 3 – 31 (Saturdays)*

**Learn to Skate** 11:15 am – 12:00 pm

*January 7 – February 4 (Wednesdays)*

**Parent & Tot** 5:30 pm – 6:00 pm

**Learn to Skate** 6:00 pm – 6:30 pm

*January 23 – February 20 (Fridays)*

**Learn to Play** 5:45 pm – 6:30 pm

## February

*February 14 – March 14 (Saturdays)*

**Learn to Skate** 11:15 am – 12:00 pm

*February 18 – March 18 (Wednesdays)*

**Parent & Tot** 5:30 pm – 6:00 pm

**Learn to Skate** 6:00 pm – 6:30 pm

## March

*March 30 – April 3 (Monday through Friday)*

**Power Skating** 9:00 am – 9:45 am

**Figure Skating** 10:00 am – 10:45 am

**Learn to Skate** 11:00 am – 11:45 am

## **Power Skating**

- Improve skating technique by focusing on edges, control, power and strength
- Challenge yourself, push yourself to your next level
- 15 minutes warm up, 30 minutes instruction
- Open to current hockey skaters ages 9-11
- To have fun!

## **Figure Skating**

- Improve your skating technique: Edges and turns, Jumps, Spins and Connecting Elements
- Challenge yourself, push yourself towards your next level
- 15 minutes warm up, 30 minutes instruction
- Open to current figure skaters
- To have fun!

## **Learn to Skate (5 years of age and older)**

- To provide a fun and safe skating experience for the beginner as well as the more advanced skater
- To teach correct technique of the basic elements of skating
- To develop a finer degree of coordination and balance
- 15 minutes warm up, 30 minutes instruction, (Wednesday Class 30 minutes of warm up and practice. Saturday Class includes free admission to Public Skate 1 ¾ hours).
- To promote physical fitness
- To have fun!

## **Parent & Tot**

- To provide a fun and safe skating experience for parents/guardians and their toddler (5 years old or younger) and to introduce the toddler to the basics required to eventually move on to *Learn to Skate*
- Skate aids (frames) may be used by the youngster
- To develop a finer degree of coordination and balance
- To promote physical fitness
- To have fun!

## **Learn to Play Hockey (5 years of age and older)**

- To provide a fun and safe skating experience and to initiate the beginner in the basics of hockey
- Plenty of opportunities for puck handling, drills and playing
- To develop a finer degree of coordination and balance
- To promote physical fitness
- To have fun!