

**To participate in the Learn to Skate program, please note the following:**

- Sharpen hockey or figure skates prior to the start of lessons.
- All children should wear mitts or gloves. Layers of warm clothing are recommended. Snow suits are appropriate for preschool-aged children.
- **Skate bars will not be allowed to assist in the instruction of the Learn to Skate Program.**
- **A helmet is mandatory for all children's and adult's Learn to Skate programs.** This does not include parents who are participating in the Parent & Cub programs; however, it is highly recommended that you wear one.
- A proper-fitting CSA-approved hockey helmet is recommended. **No bicycle helmets allowed.**
- We strongly recommend that helmets be equipped with a face mask.

All programs listed in the chart below are eligible for Child Fitness Tax Credits for children under the age of 10 years.

level	age/prerequisite	minutes per class	highlights of skills covered	fee
<b>basic skating</b>				
<b>parent &amp; cub</b> (formerly parent & tot)	3- & 4-year-old children accompanied by a skating parent/guardian with basic skating ability. Parent or guardian <b>must be on skates.</b>	30	With the guidance of the instructor, parents will help their preschoolers to stand up by themselves and progress to moving forward unassisted.	\$52.00
<b>li'l polar bears</b> (formerly preschool I)	4- to 5-year-old children participating in an ice skate program for the first time, or for those who have taken Parent & Cub.	30	Preschoolers will learn to get up by themselves and move forward and backwards.	\$52.00
<b>li'l penguins</b> (formerly preschool II)	4- to 5-year-old children that have completed Li'l polar bears.	30	Glide forward and move backwards, introduction to stopping.	\$52.00
<b>seals</b> (formerly beginner IB)	6- to 9-year old children <b>that are brand new skaters</b> who want to learn how to skate.	30	Skaters will learn to get up by themselves and move forward and backwards, U-turns, introduction to stopping and forward crosscuts.	\$52.00
<b>skate kids I</b> (formerly beginner IA)	6- to 9-year-old children <b>that have completed Li'l Polar Bears/Li'l Penguins.</b>	30	Skate forward and move backwards, U-turns, introduction to stopping and forward crosscuts.	\$52.00
<b>skate kids II</b> (formerly beginner II)	Must have completed Seals or Skate Kids I.	30	Forward and backwards skating, back v-stops, forward crosscuts.	\$52.00
<b>youth/adult beginner</b>	10 years and over, new to skating who want to learn how to skate.	30	Forward and backwards skating, stopping, turning and skill development.	\$52.00
<b>youth/adult intermediate</b>	10 years and over, must have completed Youth/Adult Beginner.	30	Forward crosscuts, backstop, hockey stop, double sculling.	\$52.00
<b>figure skating</b>				
<b>figure follies</b> (formerly introductory figure)	Must have completed Skate Kids II.	30	Forward and backwards skating, forward crosscuts, U-turns, two-foot spins, two-foot jump, bunny hop, spiral.	\$52.00
<b>power skating</b>				
<b>introductory power</b>	Must have completed Skate Kids II.	30	Forward crosscuts, forward and backwards double sculling, forward glide on one foot, back stop, introduction to hockey stop.	\$53.00
<b>elementary power</b>	Must have completed Introductory Power.	30	Forward and backwards one-foot sculling, hockey stop, turns, slalom, balancing skills, introduction to back crosscuts.	\$53.00
<b>pre-junior power</b>	Must have completed Elementary Power.	30	Backward crosscuts, back to forward turns, and reverse, drags, two-foot jumps & power exercises.	\$53.00
<b>junior power</b>	Must have completed Pre-Junior Power.	45	Hockey stops with chop overs, forward quick starts, forward to back crosscuts and power exercises.	\$78.00
<b>intermediate power</b>	Must have completed Junior Power.	45	Forward footstops and backward pivots, t-stops, one-foot stops, forward and backward mohawk turns, back defensive move.	\$78.00
<b>senior power</b>	Must have completed Intermediate Power.	45	Changes of edge on foot (slalom), one-foot stops, pivots and double brackets, turns forward & backward.	\$78.00
<b>advanced power</b>	Must have completed Senior Power. *Stick and puck/ring required.	45	Progressively difficult drills with and without pylons are used to improve balance, speed, agility and technique.	\$78.00
<b>Adult registration is accepted for all power skating classes.</b>				