

## General Information:

- Taught by the York Ice Arena Skating Instructors
- Figure or Hockey Skate rental is available at no charge
- Each student receives 30 min lesson and 30 min of practice
- Each student will receive a Practice Pass which can be used at any Public Skate to practice their newly learned skills
- Missed classes can be made up during the current session. Credits for missed classes will only be given with a doctors note
- Five Dollar discount for each additional child
- Students should arrive for class at least 15 min before class to get their skates on and prepare for class
- Testing will be done on the last day of class. Certificates will be handed out along with recommendations

## What To Bring:

- Wear loose fitting clothing and one pair of socks, please no snow suits
- Gloves or mittens
- Children under 6 are required to wear either a hockey or bicycle helmet

## Levels of Learn To Skate:

### Snowplow Sam 1-3:

Ages 3-5. Students will learn to feel comfortable on the ice, stand and fall properly, snowplow stop

### Basic Skills 1-2:

Ages 5+. Students will learn to feel comfortable on the ice, stand and fall properly, snowplow stop

### Basic Skills 3-6:

All ages. After completing Snowplow Sam or Basic 1-2, students will learn the use of the blade, forward/backward striding, forward/backward crossovers, T-stops, bunny hops, 3-turns, and lunges

### Pre-Free - Free Skate

Learning figure skating skills such as jumps, spins, and footwork

### Hockey 1-4:

Students will learn proper hockey stance, t-push, forward/backward gliding, c-cuts, forward/backward crossovers, and hockey stops

### Power Skating & Power Stroking:

Excelling in skills learned in Snowplow Sam through Basic Skills 3-6 and Hockey 1-4. Learning powerful crossovers, stops and strides, and learning fast stop and starts

## Group Lesson Calendar:

### Power Stroking & Power Skating

Wednesday's: 5:15pm-5:45pm

### Snowplow Sam through Hockey 1-4

Wednesday's: 5:45pm-6:45pm

Saturday's: 10:30am-11:30am

### August Mini Session: 4 weeks for \$45

Wednesday's Only: 8/1, 8/8, 8/22, 8/29

### Session #1: 6 weeks for \$65

Wednesday's: 9/5-10/11

Saturday's: 9/8-10/13

### Session #2: 7 weeks for \$75

Wednesday's: 10/17-12/12

(no class 10/31 and 11/21)

Saturday's 10/20-12/15

(no class 11/3 and 11/24)

### Holiday Mini Session: 4 days for \$45

12/26, 12/27, 12/28, 12/29

### Session #3: 4 weeks for \$45

Wednesday's: 1/2-1/30

(no class 1/16)

Saturday's: 1/6-2/2

(no class 1/19)

### Session #4: 8 weeks for \$80

Wednesday's Only: 2/6-3/27

### Session #5: 8 weeks for \$80

Wednesday's: 4/3-5/22

Saturday's: 4/6-5/25

### June Mini Session: 4 weeks for \$45

Wednesday's Only: 6/6, 6/13, 6/20, 6/27