

# Skating Description Chart

Activity	Age	Description
<b>Parent and Tot Skating</b> 30 min	3 years to 5 years	Adult and child must wear skates. CSA approved hokcey helmet is mandatory. Face mask is recommended. Adult must be able to skate. One adult per child.
<b>Preschool Skating</b> 30 min	4 years to 5 years	Beginners welcomed. C.S.A. approved hockey helmet is mandatory. Face mask is recommended.
<b>Semi Private Preschool Skating</b> 30 min	4 years to 5 years	Same as preschool skating, reduced class size. Beginners welcomed. C.S.A. approved hockey helmet is mandatory. Face mask is recommended.
<b>Junior Skating</b> 50 min	6 years to 13 years	Beginners welcomed. Children are grouped according to their ability on the first day. Returning students please bring your progress card. C.S.A. approved hockey helmet is mandatory. Facemask is recommended.
<b>Semi Private Junior Skating</b> 30 min	6 years to 13 years	Same as junior skating; reduced class size. C.S.A. approved hockey helmet is mandatory. Face mask is recommended. Beginners welcomed.
<b>Intermediate Skating</b> 50 min	6 years to 16 years	All skaters must have completed Junior level 5. Skaters work on edges, jumps, spins and turns.
<b>Advanced Skating</b> 50 min	6 years to 16 years	Must have completed Intermediate Level 5. Skaters work on edges, jumps, spins, turns and ice dancing.
<b>Teen Skating</b> 50 min	13 years to 16 years	For teens wishing to improve their skating. Participants will be divided into groups according to their ability. Beginners welcomed. If you do not know how to stop competently, you must wear a C.S.A. approved hockey helmet.
<b>Mini Hockey</b> 50 min	4 years to 6 years	An introduction to the skills and drills used in hockey. Participants must be able to skate the length of the ice with speed and be able to glide. Skills will be assessed the first day. C.S.A. approved hockey helmet with face mask is mandatory. Hockey equipment is optional. Stick and puck are provided.
<b>Hockey Skating Skills</b> 50 min	7 years to 14 years	Pucks and sticks are not used in this program. For all skaters, not just hockey players. All skaters must be able to skate forwards and stop competently or they should register in Junior skating to acquire these skills. Learn and improve your basic skating skills, crossovers, turns, striding and backward skating. Hockey attire is optional. Figure skates are not allowed. C.S.A. approved hockey helmet is mandatory. Face mask is recommended.
<b>Power Skating</b> 50 min	6 years to 8 years	Full equipment and hockey stick are required. Designed for hockey players to help improve their basic skills, strength and endurance. Skaters must be competent in forward skating and stopping. Skaters will be screened the first day to assess their suitability for the program.
<b>Power Skating</b> 50 min	9 years to 12 years	Full equipment and hockey stick are required. Designed for hockey players to help improve their basic skills, strength and endurance. Skaters must be competent in forward skating, backward skating and stopping. Skaters will be screened the first day to assess their suitability for the program.
<b>Power Skating</b> 50 min	13 years to 16 years	Full equipment and hockey stick are required. Designed for hockey players to help improve their basic skills, strength and endurance. Skaters must be competent in forward skating, backward skating and stopping. Skaters will be screened the first day to assess their suitability for the program.
<b>Adult Skating</b> 50 min	16 years and older	Beginners Welcomed! For adults who want to learn or improve their forward skating, backward skating, turns and stopping. Skaters will be grouped according to experience. C.S.A hockey helmet is mandatory if you can not stop competently.
<b>Adult Cardio Skate</b> 50 min	16 years and older	A fast-paced skate session using the entire ice surface incorporating skating skill drills with music. A definite workout! To register for this program you must be a competent forward and backward skater, be able to turn forward and backwards.
<b>Adult Power Skating</b> 50 min	16 years and older	A great cardio workout for adults who play hockey and want to sharpen up their skating skills. Vigorous workout with emphasis on strength and endurance. Full equipment and stick required.
<b>Adult Ice Dancing</b> 50 min	16 years and older	Must be comfortable skating forwards and backwards. Qualified Dance Professional has designed a program to introduce basic skating edges while incorporating it to music and rhythm.
<b>Adult Advanced</b> 50 min	16 years and older	Must be a competent backward skater with previous experience with forward and backward edges, turns and crossovers. A skill oriented fast paced session with a figure skating flare.
<b>Special Needs</b> 50 min	16 years and older	Adult participants with special needs learn to skate at their own pace. Regular adult program is offered at the same time. C.S.A. approved hockey helmet is mandatory. Participant must provide their own volunteer worker.