

## Skate Lesson Checklist

- ✓ Rental equipment is not included in lessons.
- ✓ Please review skate lesson board on the 1<sup>st</sup> day of lessons located near the skate shop for updated class lists.
- ✓ Wear a warm jacket.
- ✓ Snowpants or water repellent pants with warm pants beneath (no jeans).
- ✓ Helmet – CSA Approved hockey helmet, ski or snowboard helmets only.
- ✓ Gloves or mittens.
- ✓ Sharpened skates. Note: New skates do not come pre-sharpened.
- ✓ Kneepads and elbow pads under your jacket or pants are optional.
- ✓ Parents/Guardians who stay, please watch from the bleachers, not in the hockey benches.
- ✓ Please arrive early enough to dress and put on skates.
- ✓ If you are renting equipment ensure you come early enough to avoid line-ups and get the correct size.
- ✓ Please label your child's helmet and hockey equipment.
- ✓ Walking on cement damages skate blades. Wear skate guards until you get to the side of boards and take them off. Walking on the rubber matting is okay.

## Public Skating

For public skating schedules visit us online at [www.mapleridge.ca](http://www.mapleridge.ca) or [www.pittmeadows.bc.ca](http://www.pittmeadows.bc.ca)

Pitt Meadows Arena - last day of public skating March 18.

Planet Ice - last day of public skating is March 16.



**North of 49 Enterprises Ltd is the provider for all Maple Ridge and Pitt Meadows Parks & Leisure Services skating lessons. For lesson enquiries please contact Mike Todd at [sk8ing@shaw.ca](mailto:sk8ing@shaw.ca).**

## Parent & Tot

### Parent & Tot 1

Age: 2-5 yrs

Participants will be introduced to the ice and the arena environment. Our Instructor will guide parents on how to teach the basic fundamentals of standing, falling, walking and how to make their child's first experiences with the ice rewarding. Child & Adult are required to wear skates & helmet. Child must be accompanied by an adult.

**Location: Planet Ice Arena**

**Fee: \$35/5**

W	Mar 28-Apr 25	4:45-5:15 PM	#166746
W	May 9-Jun 6	4:45-5:15 PM	#166747

### Parent & Tot 2

Age: 2-5 yrs

Participants must have completed Parent & Tot 1 or be able to stand up on the ice unassisted. Our Instructor will teach basic fundamentals around balance and forward skating. Child must be accompanied by an adult. Adult is required to wear skates & helmet

**Location: Planet Ice Arena**

**Fee: \$35/5**

W	Mar 28-Apr 25	5:20-5:50 PM	#166748
W	May 9-Jun 6	5:20-5:50 PM	#166749

## Preschool

### Preschool 1

Age: 3-5 yrs

Participants have no on-ice experience or cannot stand unassisted. This program will develop balance & posture and introduce forward skating, gliding and stopping.

**Location: Planet Ice Arena**

**Fee: \$83/10**

W	Mar 28-Jun 6	4:45-5:15 PM	#166750
W	Mar 28-Jun 6	5:55-6:25 PM	#166751
W	Mar 28-Jun 6	6:30-7:00 PM	#166752

### Preschool 2

Age: 3-5 yrs

Participants must have passed level 1 or be able to stand and walk on the ice unassisted. This program will develop forward skating and stopping. Gliding on one foot and backward skating will be introduced.

**Location: Pitt Meadows Arena**

**Fee: \$67/8**

W	Mar 28-Jun 6	6:30-7:00 PM	#166756
W	Mar 28-Jun 6	5:55-6:25 PM	#167543

### Preschool 3

Age: 3-5 yrs

Participants must have completed level 2 or be able to skate with strides the width of the ice. Our Instructor will develop gliding on one foot and backward skating while introducing such skills as forward crossovers and backwards gliding.

**Location: Planet Ice Arena**

**Fee: \$83/10**

W	Mar 28-Jun 6	4:45-5:15 PM	#166758
W	Mar 28-Jun 6	5:55-6:25 PM	#166759

### Preschool 4

Age: 3-5 yrs

Skaters must have completed level 3 or be able to glide on one foot (3 counts) and skate backwards. This program will develop forward crossovers and backwards gliding. Backwards crossovers and backwards stopping will be introduced.

**Location: Planet Ice Arena**

**Fee: \$83/10**

W	Mar 28-Jun 6	5:20-5:50 PM	#166761
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### Preschool 5

Age: 3-5 yrs

Skaters must have completed level 4 or be able to perform forward crossovers and backward gliding. Our Instructor will develop backward crossovers and backward stopping, while introducing edge control, mohawk turns and parallel stopping.

**Location: Planet Ice Arena**

**Fee: \$83/10**

W	Mar 28-Jun 6	5:20-5:50 PM	#166762
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### Preschool 6

Age: 3-5 yrs

Skaters must have completed level 5 or be able to perform backward crossovers and backward stopping. Our Instructor will develop edge control, mohawk turns and parallel stopping. This program will introduce two-foot spins, waltz jumps and 3-turns.

**Location: Planet Ice Arena**

**Fee: \$83/10**

W	Mar 28-Jun 6	5:20-5:50 PM	#166763
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## School Age

### School Age 1

Age: 6-13 yrs

Participants have no on-ice experience or cannot stand unassisted. This program will develop balance and posture and introduce forward skating, gliding and stopping.

**Location: Planet Ice Arena**

**Fee: \$83/10**

W	Mar 28-Jun 6	4:45-5:15 PM	#166764
W	Mar 28-Jun 6	5:20-5:50 PM	#166765
W	Mar 28-Jun 6	5:55-6:25 PM	#166766

### School Age 2

Age: 6-13 yrs

Participants must have passed level 1 or be able to stand and walk on the ice unassisted. This program will develop forward skating and stopping. Gliding on one foot and backward skating will be introduced.

**Location: Planet Ice Arena**

**Fee: \$83/10**

W	Mar 28-Jun 6	5:20-5:50 PM	#166768
W	Mar 28-Jun 6	6:30-7:00 PM	#166769

### School Age 3

Age: 6-13 yrs

Participants must have completed level 2 or be able to skate with strides the width of the ice. Our Instructor will develop gliding on one foot and backward skating while introducing such skills as forward crossovers and backwards gliding.

**Location: Planet Ice Arena**

**Fee: \$83/10**

W	Mar 28-Jun 6	4:45-5:15 PM	#166772
W	Mar 28-Jun 6	5:55-6:25 PM	#166774

### School Age 4

Age: 6-13 yrs

Skaters must have completed level 3 or be able to glide on one foot (3 counts) and skate backwards. This program will develop forward crossovers and backwards gliding. Backwards crossovers and backwards stopping will be introduced.

**Location: Planet Ice Arena**

**Fee: \$83/10**

W	Mar 28-Jun 6	5:20-5:50 PM	#166775
W	Mar 28-Jun 6	6:30-7:00 PM	#166776

### School Age 5

Age: 6-13 yrs

Skaters must have completed level 4 or be able to perform forward crossovers and backward gliding. Our Instructor will develop backward crossovers and backward stopping, while introducing edge control, mohawk turns and parallel stopping.

**Location: Planet Ice Arena**

**Fee: \$83/10**

W	Mar 28-Jun 6	6:30-7:00 PM	#166777
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### School Age 6

Age: 6-13 yrs

Skaters must have completed level 5 or be able to perform backward crossovers and backward stopping. Our Instructor will develop edge control, mohawk turns and parallel stopping. This program will introduce two-foot spins, waltz jumps and 3-turns.

**Location: Planet Ice Arena**

**Fee: \$83/10**

W	Mar 28-Jun 6	6:30-7:00 PM	#166778
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## Teen/Adult

### Teen/Adult 1

Age: 14 yrs and up

Participants have no on-ice experience or cannot stand unassisted. This program will develop balance and posture and introduce forward skating, gliding and stopping.

**Location: Planet Ice Arena**

**Fee: \$92.96/10**

W	Mar 28-Jun 6	5:55-6:25 PM	#166779
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### Teen/Adult 2

Age: 14 yrs and up

Participants must have passed level 1 or be able to stand and walk on the ice unassisted. This program will develop forward skating and stopping. Gliding on one foot and backward skating will be introduced.

**Location: Planet Ice Arena**

**Fee: \$92.96/10**

W	Mar 28-Jun 6	5:55-6:25 PM	#166780
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## Hockey Programs

### Ice Demons

Age: 6-8 yrs

For the lil' hockey player who has completed the Preschool levels, Child 1 or can skate the width of the rink. An intro to hockey skating and puck handling skills. CSA approved Hockey Helmet with full face mask, hockey gloves & stick required.

**Location: Planet Ice Arena**

**Fee: \$85/10**

W	Mar 28-Jun 6	5:35-6:20 PM	#166743
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### Mighty Ducks

Age: 4-5 yrs

Introductory hockey programs that place emphasis on skating, puck skills and FUN! Participants should have completed level 1 skating and be able to skate the width of the rink on their own. CSA Hockey Helmet with full face mask, hockey gloves & stick required.

**Location: Planet Ice Arena**

**Fee: \$85/10**

W	Mar 28-Jun 6	4:45-5:30 PM	#166744
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