

Welcome to Ice Skating Lessons

Important information and reminders

3-5 years, 4-5 years, 13-17 years, and 18+ Programs

- Skaters in these programs are not evaluated

6-12 years (Junior), Intermediate, and Figure Skating Programs

- Skaters in these programs are evaluated and receive a progress card at the end of the session
- Returning skaters, please bring your recent progress card at the start of each session

Masks

- Must be worn in the facility at all times
- Can be removed while engaged in physical activity on the ice surface, however recommended as physical distancing is not always possible

Dressing Rooms

- Available for use

Parents

- Please stay in the facility to assist your child with washroom or emergencies

Skates

- Leather skates with laces are preferred
- Skates are usually one half to one full size smaller than your shoe size
- Avoid molded plastic skates with buckles and straps
- Adjustable skates with various sizes are not recommended
- Wear only one pair of socks
- Dry your skate blades after each use

Helmets

- Must fit snugly and have a chin strap
- CSA approved hockey helmets are mandatory for:
 - 3-5 year old with Adult programs (Adults must also wear a helmet)
 - 4-5 year old programs
 - 6-12 year old Junior programs
- A CSA approved hockey helmet must be worn if you cannot stop competently
 - 13-17 year programs
 - 18+ programs

Clothing

- Dress in layers that allow for movement (avoid bulky snowsuits)
- Remember mittens/gloves
- New skaters: avoid pants that are slippery, slush pants, snow pants, etc.

More information

- Please review all arena protocols prior to entering the facility
- Review our program details and more about skating and hockey at Mississauga.ca/skating