

Welcome to Ice Skating Lessons

Important information and reminders

Revised: 04/05/23

3-5 years with Adult, 4-5 years

- CSA approved hockey helmet is mandatory for all participants on the ice
- Skaters in these programs are not evaluated
- New skaters – avoid wearing slippery pants and bulky snowsuits

6-12 years (Junior) Intermediate and Figure Skating

- CSA approved hockey helmet is mandatory for all participants
- Skaters are evaluated and receive a progress card at the end of the session
- Returning skaters please bring your progress card back at the start of each session

13-17 years

- CSA approved hockey helmet is mandatory if you cannot stop competently
- Participants have the option to be evaluated and receive a progress card in this program

18+

- CSA approved hockey helmet is mandatory if you cannot stop competently
- Participants are not evaluated in this program
- Wrist guards are strongly recommended

Adapted Programs

- Are available for participants ages 6 to adult that require accommodation to learn the basic skating skills
- Each participant must provide their own support person, that is able to skate, to come on the ice with them and participate in their lesson
- CA approved hockey helmet is mandatory for all participants and support persons

Skates

- Are usually one half to one full size smaller than your shoe size
- Leather skates with laces are strongly recommended
- If possible, avoid plastic skates with buckles and straps and skates that are adjustable to fit several sizes
- Skates must be sharpened before use
- Tie skates tightly so they fit snugly around your foot and support your ankle

Clothing

- Dress warmly in layers
- Jackets should be hip length. Avoid wearing long coats and scarves.
- Bring mittens/gloves
- New skaters avoid wearing slippery pants and bulky snowsuits