



Learn to Skate @ Rosedale Park

Start Date: December 5&6, 2018 (City Permit Pending and Weather Permitting)



Mooredale is pleased to welcome back Performance Skating for the Winter 2018-2019 Skating Season. Performance Skating began offering professional skating instruction, friendly and knowledgeable staff and a first rate skating program for Mooredale members in 2010.

All skaters are required to wear properly fitted, and sharpened, ice skates and CSA approved hockey helmets with face guard. Participants will not be allowed on the ice without these two pieces of equipment.

Dates:

Note: Program dates and times are subject to change based on popularity of the programs offered.

- **Wednesdays:** December 5—February 13 (no classes December 26, January 2) Session 1: 4:00—4:45pm Session 2: 4:45—5:30pm
- **Thursdays:** December 6—February 14 (no classes December 27, January 3) Session 1: 4:00—4:45pm Session 2: 4:45—5:30pm
- **Classes cancelled by unsuitable skating weather, or ice conditions, may not be re-scheduled due to City Rink Permit restrictions. This is an 8 week program with 1 bonus week added in anticipation of adverse weather conditions due to using an outdoor facility.**

Program Information:

- If your child is attending the lessons regularly a visible improvement in their skating skills will occur throughout the season.
- To maximize your child's learning, it is recommended that they skate 2-3 times a week for 20 minutes outside of the regular lesson time
- Parents/caregivers are not permitted on the ice and are asked not to interact with their child during the instruction time. Parent interaction can be distracting for the child, the instructor and the other children in the group.
- Direct any questions to your child's instructor before or after the skating lesson.

Class Descriptions:

Beginner Levels (ages 3 and up): This program is designed for children who skate with assistance or can not getup after falling. Whether children are skating for the first time, have minimal experience, or just wish to advance their current skating skills, this program is a fun and exciting opportunity. The participants will begin with basic skills and advance as much as possible. Games and toys will be used to motivate skaters. The classes are instructed by experienced and caring instructors. For the first few weeks, children may not skate for the whole 45 minutes, time on ice will be determined based on skill development at the discretion of the head instructor. The minimum class time is 25 minutes. **Children in these classes should be comfortable doing activities without their parent/caregiver.**

Intermediate Levels (all ages— 6+ suggested): To take part in this program skaters must be able to stop and skate backwards, with little or no difficulty. Skills taught are designed to challenge skaters who may be interested in hockey, figure skating or in improving as a recreational skater. Skaters who aspire to more advanced levels will find this program challenging and stimulating.

Adult Skating Levels (18 and older): No previous skating experience is necessary to enroll in this program. **A CSA approved Hockey helmet is required.**

Beginner Hockey Instruction (ages 4—6): Children interested in learning the basic skills of hockey are invited to bring their stick along! Participants will be introduced to the basic hockey rules and will work on stick handling, passing and skating skills. Full hockey equipment is not mandatory. **4:45 Class times only.**

2018-2019 Skating Schedule

Wednesday		OR	Thursday	
4:00 -4:45	Session 1—Beginner, Intermediate and Adult		4:00 -4:45	Session 1: Beginner, Intermediate and Adult
4:45 - 5:30	Session 2—All Skill levels including Beginner Hockey		4:45 - 5:30	Session 2: All skill levels including Beginner Hockey