

LEARN TO PLAY *Hockey* CONTINUED...

ORDER OF PROGRESS

COME AND TRY'S- During our public skating session on the weekend we fence off an area for the sole purpose of experiencing Ice Hockey at our Come and Try. We have equipment for use, but generally most of our participants use skates, helmets gloves and shin pads.



COME AND TRY Tuesdays- 4:30pm-5:30pm \$100 for 10 sessions of Come and Try with full equipment on the small ice. We will be here to help your young athlete to get dressed and get on the ice and offer guidance and a few tips and pointers but this is still mainly a self guided session

EDGE AND FLOW MONDAYS- 4:30pm-5:30pm \$25/ Session or \$200 for 10. Edge and Flow is a fun, creative skating class designed to help young skaters build confidence and control on their edges. Using a mix of playful drills and innovative movement patterns, skaters will improve their balance, flow, and technique — all while having a great time on the ice. It's a fresh and engaging way to develop strong fundamentals in a relaxed, supportive setting.



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Intro to Ice Hockey JR's Learn to Play- Thursday 6:15pm-7:15pm \$330/Term

This is a new to program here at the Ice Arena and it is perfect for any young skaters looking to start Ice Hockey, or who have recently started. Whether you have come through our come and Try's series , or are an Ice Blast graduate or have seen Ice Hockey while you were public skating and wanted to learn how to skate and play the game. There is a strong emphasis on Skating basics in this course. If you need to use or borrow our equipment it is all here to help ease the process in your child's hockey journey.

JR Hockey Academy- Wednesday 6pm-7pm \$330/Term

JR Ice Hockey Academy focuses on helping young athletes take their skating to the next level. We work on advanced skating techniques that sharpen edge control, balance, and overall skating power. Through small-area games and high-energy drills, players build their skills in a fun, competitive environment that keeps them engaged and always learning. It's all about developing smart, strong, and confident skaters—while making sure they love every minute on the ice.



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