

Program Rules



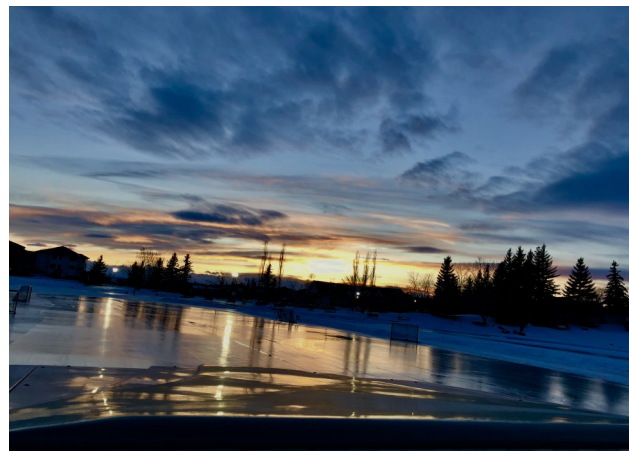
« Helmets are mandatory for all participants.



« Parents are to remain at the lake during their child's skating lesson.



« No refunds will be issued for classes cancelled, a make-up class will be rescheduled by the instructor.



WINTER EVENTS AT THE LAKE

Dec 31st

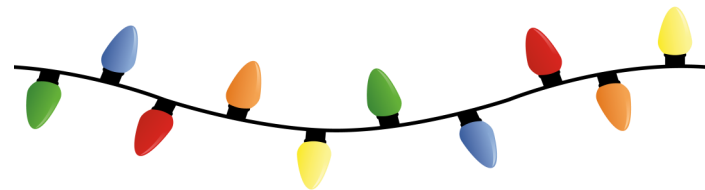
Family New Years

Fireworks start at 7pm!



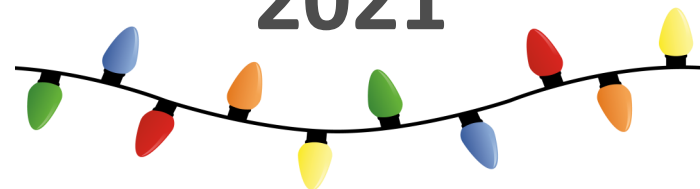
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WINTER PROGRAMS

2021



PARENTS & TOTS* (AGES 3-5)

A class devoted to teaching the littlest ones at Arbour Lake to stand on skates, skate forward and stop, with the help of mom or dad!

***Parent involvement is mandatory.**

PT1	Sat	Jan 9-Feb 6	10:00-10:30am	\$40
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PT2	Sat	Jan 9-Feb 6	10:45-11:15am	\$40
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PT3	Sat	Jan 9-Feb 6	11:30am-12:00pm	\$40
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LEVEL 1 (AGES 5+)

For first timers or beginners uneasy on the ice, this class is all about balance. Learn to stay on your skates while moving forward, turning and stopping.

L1A	Sat	Jan 9-Feb 6	10:30-11:15am	\$45
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L1B	Sat	Jan 9-Feb 6	10:30-11:15am	\$45
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L1C	Sat	Jan 9-Feb 6	11:30am-12:15pm	\$45
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LEVEL 2 (AGES 5+)

Eager to learn more? Now that you're able to stay on your feet, get ready to learn forward and backward glides. Before you know it you'll be zooming around the ice!

L2A	Sat	Jan 9-Feb 6	12:30-1:15pm	\$45
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L2B	Sat	Jan 9-Feb 6	12:30-1:15pm	\$45
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LEVEL 3* (AGES 5+)

For the more advanced skaters who are confident with skating forwards and backwards, get ready to practice speed, edge control and side stops.

***Completion of Level 1 & 2 required or permission of instructor.**

L3A	Sat	Jan 9-Feb 6	11:30am-12:15pm	\$45
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REGISTRATION



- Visit www.arbourlake.com for full list of programs
- Register in person at the lake office starting Nov 4, 2020.
- Cash, Cheque, Debit, Visa and MasterCard accepted



POWER SKATING*

Explode!!! Great for kids in hockey and Ringette! Focus on using power and speed while improving strides, stops and turns.

***Participants must have basic forward, backward and stopping capabilities**

BA	Sat	Jan 9-Feb 6	11:30am-12:15pm	\$45
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BEGINNER ADULT * (AGES 16+)

Looking for a way to ease back into skating? Then join this beginner class. All the basics will be covered such as forward and backward glides, stops and turns.

BA	Sat	Jan 9-Feb 6	12:30-1:15pm	\$45
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JOE'S POND HOCKEY

For kids not in organized hockey, that love to play the game. Learn the basics of hockey, while having fun!

***Sundays* Starting Jan 10-Feb 7**

Ages 4-8 10:00-10:45am (PH1)

Ages 9-12 11:00-12:00pm (PH2)

COST: \$50 and includes hockey jersey

**Helmet, skates and stick are required.
Additional equipment is optional.**