

PRESCHOOL SKATING LESSONS

FALL SESSION CLASSES JANUARY TO MARCH

Juan de Fuca Learn To Skate Program

Juan de Fuca's Learn to Skate program is designed to teach skating to people of all ages and abilities, with the emphasis on having fun while learning the fundamentals. The Learn to Skate program is not a badge incentive program, but it rather emphasizes the importance of comprehensive feedback through the use of report cards. Our Skate Team Leader is on the ice during all lesson times, and can answer many of your questions about skate lessons and your child's progress.

			Boots to Blades 30 MINUTES	Mites 30 MINUTES	Gnats 30 MINUTES	Mosquitoes 30 MINUTES
WEDNESDAY	SESSIONS	#1: Jan 6-Feb 10 6 Classes \$36	4:00 PM	4:00 PM	4:00 PM	4:00 PM
		#2: Feb 17-Mar 24 6 Classes \$36				
THURSDAY		#1: Jan 7-Feb 11 6 Classes \$36	9:00 AM 9:30 AM	9:00 AM 9:30 AM 10:00 AM	10:00 AM	10:00 AM
		#2: Feb 18-Mar 25 6 Classes \$36				
FRIDAY	#1: Jan 8-Feb 12 5 Classes \$30	2:15 PM 2:45 PM	2:15 PM 2:45 PM	2:15 PM 2:45 PM	2:15 PM 2:45 PM	
	#2: Mar 05-Mar 26 4 Classes \$24					
SATURDAY	#1: Jan 9-Feb 13 5 Classes \$30	12:00 PM 12:30 PM	12:00 PM 1:00 PM	12:00 PM 1:30 PM	12:00 PM 1:30 PM	
	#2: Feb 28-Mar 27 5 Classes \$30					

LEARNING OBJECTIVES

Boots to Blades

3-5 YRS

A class for preschoolers with very little or no experience. Participants will gain the basic skills in a learn through play environment that is designed to meet their needs. They will learn the basics of ice safety and to stand and walk by themselves. All preschoolers must be toilet trained.

Mites

3-5 YRS

An introductory level class designed for children who have passed/or are capable of passing Boots to Blades. We offer a warm and friendly approach and a low ratio of participants to teachers. Little ones will learn how to balance, how to glide, the basics of backwards skating, stopping and cone patterns.

Gnats

3-5 YRS

Once your child has passed Mites, he or she is ready to learn the basic skating techniques. Push and glide with weight transfer, improved balance, confident stops, basic edges and crossovers, and more.

Mosquitoes

3-5 YRS

This is an advanced skating level for the accomplished preschool skater. They will learn improved stroking and gliding, advanced stopping, backwards skating, and improvement of crossovers and edge control. These talented little people are encouraged to extend their abilities with the wide variety of skills that are covered.

PERSONAL PROTECTIVE GEAR

Helmets are required for all lesson participants. Participants are encouraged to wear gloves mittens, warm jackets & warm flexible clothing.

PRIVATE LESSONS

Challenged with a specific skill? Need extra help to complete a level? Beginner or experienced? Appreciate one-on-one attention? One of our experienced instructors will be happy to work with you! Adults too! Semi-private lessons are also available for all ages and abilities.

Cost: \$22 for 1, 30 minute lessons
\$99 for 5, 30 minute lessons

Call for more information: 250-474-8601

RENTALS

Skate lesson fees do not include skate rentals. Rentals for lessons are available for a reduced rate (\$1.25). Please arrive 15 minutes early for the first class to allow time to fit skate rentals.

SKATE CLASS CONFERENCES

Inquire about your child's lesson progress! Take the opportunity to talk directly to your child's instructor ... classes will end 5 minutes early on the second to last lesson. This will give you an opportunity to touch base with the instructor to receive feedback on your child's progress, and determine what level to register them in next.



Skating Programs

Family & Me Lessons 2 YRS & UP

Is your toddler anxious about going on the ice with out support? This is the class for you. These lessons are for preschoolers on the ice for the first time. Participation from a parent/guardian is required and the emphasis will be on fun and play. Parent will be required to wear skates or ice shoes (available from skate shop) no regular shoes allowed on ice. Participants are welcome to stay for the parent and tot session at no cost.

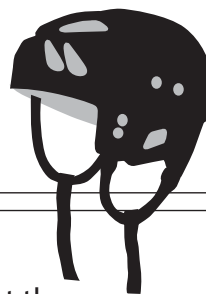
JdF ARENA

W	9:15-9:45am	Jan 06-Feb 10	\$36/6	57936
W	9:15-9:45am	Feb 17-Feb 24	\$36/6	57935

GET READY FOR LESSONS

Bring your child to the Arena and show them around.

If you have your own skates make sure they are freshly sharpened for the new session. Please remember to wear skate guards any time you are not on the ice surface.



Practice what you have learned!

Talk to your child about what they are learning in class and what they need to work on. Come to the Arena and practice with your child.

We have super family rates!

Connect with your Skate Team Leader ...

Get first hand knowledge of what your child is doing in class, learn what they need to work on and which level to register them in next time.



*Please note enrollment is not guaranteed for subsequent lesson sets.

SCHOOL AGE SKATING LESSONS

FALL SESSION CLASSES JANUARY TO MARCH

Juan De Fuca Learn To Skate Program

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			Fledglings 45 MINUTES	Blue Jays 45 MINUTES	Kingfishers 45 MINUTES	Orioles 45 MINUTES
WEDNESDAY	SESSIONS	#1: Jan 6-Feb 10 6 Classes \$39	4:30 PM 5:15 PM	4:30 PM 5:15 PM	4:30 PM 5:15 PM	4:30 PM 5:15 PM
		#2: Feb 17-Mar 24 6 Classes \$39				
FRIDAY		#1: Jan 8-Feb 12 5 Classes \$33	3:30 PM	3:30 PM	3:30 PM	3:30 PM
		#2: Mar 05-Mar 26 4 Classes \$26				
SATURDAY		#1: Jan 9-Feb 13 5 Classes \$33	12:30 PM 1:15 PM	12:30 PM 1:15 PM	1:15 PM	1:15 PM
		#2: Feb 20-Mar 27 5 Classes \$33				

LEARNING OBJECTIVES

Fledglings 6-14 YRS

This level is designed for the child with very little to no skating experience. Familiarize your skater with the ice environment and build confidence. Children learn ice safety, how to walk on the ice, balance, gliding, stopping, and how to skate backwards.

Blue Jays 6-14 YRS

This level is designed for those with previous skating experience. Children learn basic skating including proper weight transfer, balance, confident stops, basic edges and crossovers. These "building block skills" should be mastered well enough to become 'second nature'. Have some fun while learning.

Kingfishers 6-14 YRS

An advanced skating level for participants to learn improved skating stoking, gliding, advanced stopping, backwards skating, improved crossovers, and edge control.

Orioles 6-14 YRS

The skills learned in the previous levels are strengthened and advanced. Challenging ways of sculling, gliding, edges, and stopping are taught. This level is recommended for novice & intermediate level recreation skaters.

GETTING READY FOR LESSONS For tips on getting ready for lessons see page 15.

PowerWest Athletics

PRIVATE LESSONS

Challenged with a specific skill? Need extra help to complete a level? Beginner or experienced? Appreciate one-on-one attention? One of our experienced instructors will be happy to work with you! Adults too! Semi-private lessons are also available for all ages and abilities.

Cost: \$22 for 1 or \$99 for 5 (30 minutes each)

RENTALS

Skate lesson fees do not include skate rentals. Rentals for lessons are available for a reduced rate (\$1.25). Please arrive 15 minutes early for the first class to allow time to fit skate rentals.

SKATE CLASS CONFERENCES

Inquire about your child's lesson progress! Take the opportunity to talk directly to your child's instructor ... classes will end 5 minutes early on the second to last lesson. This will give you an opportunity to touch base with the instructor to receive feedback on your child's progress, and determine what level to register them in next.

PERSONAL PROTECTIVE GEAR

Helmets are required for all lesson participants. Participants are encouraged to wear gloves mittens, warm jackets & warm flexible clothing.

Skating Programs

Power Skating Plus **6-14 YRS**

The professional instruction team will emphasize turns, balance, power, speed and edges. Great training for any skater who wishes to improve skills!

JDF ARENA

M	3:30-4:15pm	Jan 04-Feb 01	\$45/5	57835
M	4:15-5:00pm	Jan 04-Feb 01	\$45/5	57836
M	3:30-4:15pm	Feb 08-Mar 08	\$45/5	57837
M	4:15-5:00pm	Feb 08-Mar 08	\$45/5	57838

JDF CURLING RINK

M	3:30-4:15pm	Mar 29-Apr 26	\$45/5	57839
M	3:30-4:15pm	Apr 01-May 26	\$45/5	57840



PowerWest Athletic Skating **7-11 YRS**

This program emphasizes correct technical skating skills. On ice sessions cover stride development, agility, speed, balance, quickness and readiness through the effectiveness of EDGES. Puck time and a mini hockey game complete each session! Classes are limited to a skaters dozen (13)! Full gear required. Goalies please make sure to register in correct course.

INSTRUCTOR: Mena Westhaver

JDF ARENA

Players	Th	3:00-3:50pm	Jan 07-Feb 04	\$109/5	57841
Goalies	Th	3:00-3:50pm	Jan 07-Feb 04	\$109/5	57844
Players	Th	3:00-3:50pm	Feb 11-Mar 11	\$109/5	57843
Goalies	Th	3:00-3:50pm	Feb 11-Mar 11	\$109/5	58033

PowerWest Spring Training **6 YRS & UP**

JDF CURLING RINK

6 to 7 YRS	Su	5:00-6:10pm	Apr 11-May 09	\$99/4	57877
8 to 10 YRS	Su	6:20-7:30pm	Apr 11-May 09	\$99/4	57878
11 to 13 YRS	Su	7:40-8:50pm	Apr 11-May 09	\$99/4	57879
14 YRS & UP	Su	9:00-10:00pm	Apr 11-May 09	\$85/4	57880

Skating Instruction & Conditioning for Hockey Players **7-11 YRS**

Commit to a Skating Development Day for your next Pro-D day. Focus on edge control and development and apply them to your forward stride, crossovers, backward c-cuts and turns. Learn proper technique while gaining power and speed! End with a mini hockey game. Space is limited. Full gear required. Goalies make sure to register in correct course. This is not a learn to skate program.

INSTRUCTOR: Mena Westhaver

BEAR MOUNTAIN ARENA

Players	F	9:00-10:20am	Feb 19	\$25/1	58005
Goalies	F	9:00-10:20am	Feb 19	\$25/1	58006
Players	Th	9:00-10:20am	Mar 04	\$25/1	58415
Goalies	Th	9:00-10:20am	Mar 04	\$25/1	58416

Introduction to Hockey – Women **A Class for Parents!**

A skill development program designed for the beginner rec player to improve their skills. There will be a large focus on improving skating abilities to allow the game to be more enjoyable. As you progress through this 6 week program you will practice different skills each week. Enjoy Canada's favorite pastime in a non-competitive, relaxed, fun environment. Jersey and waterbottle included.

INSTRUCTOR: Mena Westhaver

BEAR MOUNTAIN ARENA

Th	9:00-10:00am	Jan 14-Feb 18	\$129/6	58395
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Child Minding available 9-12:30 PM, See Pg. 8!

PowerWest Athletics

Motivating, challenging and FUN! PowerWest skating programs emphasize correct technical skating skills. Experience the benefits of low instructor to skate ratio on full ice. These are not learn to skate programs.

If you have any questions contact Mena directly at skatewithmena@telus.net

Looking for Private or Semi-Private Lessons?

PowerWest Athletics offers private and semi-private lessons in both skating and hockey skills. Sessions are limited and tailored to fit your needs. For details E-mail Mena directly at skatewithmena@telus.net