



WINTER 2023

# Learn to Skate Save-On-Foods Memorial Centre



## Private Skating Lessons

Private lessons help beginner skaters get ready to join group lessons or accelerate their own learning and master that one challenging skill. Our instructors will work from the Learn to Skate Program or address specific skills as needed. Choose a set of lessons or book individual lessons.

**P = Private (One Skater)   SP = Semi-Private (Two Skaters)**

### PRIVATE LESSON SETS – CHILDREN AND YOUTH

Jan 15-Mar 12   Sun   9:30 –10 a.m.   P \$189/7   SP \$224/7   [34541](#)

Jan 15-Mar 12   Sun   11:30 a.m.–12 p.m.   P \$189/7   SP \$224/7   [34371](#)

*No class Jan 22, Feb 26*

Jan 12-Mar 16   Thu   4:30–5 p.m.   P \$216/8   SP \$256/8   [34542](#)

Jan 12-Mar 16   Thu   5:50–6:20 p.m.   P \$216/8   SP \$256/8   [34367](#)

*No class Jan 19, Mar 2*

### PRIVATE LESSON SETS – ADULTS

Jan 15-Mar 12   Sun   11:20 a.m.–12 p.m.   P \$252/7   SP \$301/7   [34544](#)

Jan 12-Mar 16   Thu   5:50 p.m.–6:30 p.m.   P \$288/8   SP \$344/8   [34543](#)

*No class Jan 19, Mar 2*

## Power Skating

### POWER SKATING – YOUTH (Age 7-10)

Dennise Bowles of Power Unlimited brings years of experience and expertise. Take your game to the next level with Victoria’s leading Power Skating Coach this fall. Balance, Acceleration, Agility, Speed, Explosive Starts, Edge Control, Break-Away Speed and Game Stride are all part of this challenging and rewarding program. Full gear required. All participants should have either gone through a Learn To Skate Program first or be able to skate comfortably forward, backward and be able to attempt crossovers.

Jan 8-Mar 12   Sun   4:30–5:30 p.m.   \$160/8   [34368](#)

*No class Jan 22, Feb 26. Feb 19 time is 5:15-6:15 p.m.*

### GIRLS ONLY POWER SKATING PROGRAM (Age 9-12)

Join this new program by yourself or with some of your teammates and join others who want to work hard on their skating and excel in hockey. Dennise has worked with high performance female athletes, including hockey players from North America collegiate programs as well as Canada’s national team. Come on out and you’ll feel the difference in your game.

Jan 8-Mar 12   Sun   5:45–6:45 p.m.   \$160/8   [34546](#)

*No class Jan 22, Feb 26. Feb 19 time is 6:30-7:30 p.m.*

## Important Lesson Info



- CSA helmets and gloves are mandatory for children and adults during lessons
- Children must be able to stand and get up on their own from a fall to join preschool lessons
- Skate rentals are \$1 during lessons - helmets available at no charge
- Lessons may be cancelled due to concerts, special events and Victoria Royals hockey



**LEARN MORE AND REGISTER:**  
[victoria.ca/arena](http://victoria.ca/arena) 250.361.0732



**WINTER 2023**

# Learn to Skate Group Lessons

## Save-On-Foods Memorial Centre

		SUNDAYS Jan 15-Mar 12		THURSDAYS Jan 12-Mar 16	
		No class Jan 22, Feb 26		No class Jan 19, Mar 2	
Lesson Sets (30 min.)		\$46/7		\$52/8	
<b>Parent and Tot</b> Age 2-4	9:30 a.m.	<a href="#">34356</a>			
<b>Tot Hockey</b> Age 3-5	9:30 a.m.	<a href="#">34452</a>			
<b>Preschool 1</b> Age 3-5	10:10 a.m.	<a href="#">34456</a>	10:50 a.m.	<a href="#">34360</a>	4:30 p.m. <a href="#">34357</a>
<b>Preschool 2</b> Age 3-5			10:50 a.m.	<a href="#">34454</a>	5:10 p.m. <a href="#">34539</a>
<b>Preschool 3/4</b> Age 3-5			10:50 a.m.	<a href="#">34369</a>	5:10 p.m. <a href="#">34364</a>
<b>School Age 1</b> Age 6-12	10:10 a.m.	<a href="#">34359</a>	10:50 a.m.	<a href="#">34545</a>	4:30 p.m. <a href="#">34537</a> 5:10 p.m. <a href="#">34538</a>
<b>School Age 2</b> Age 6-12	10:10 a.m.	<a href="#">34361</a>	10:50 a.m.	<a href="#">34370</a>	4:30 p.m. <a href="#">34363</a> 5:10 p.m. <a href="#">34366</a>
<b>School Age 3/4</b> Age 6-12					4:30 p.m. <a href="#">34365</a>
<b>School Age 3</b> Age 6-12	10:10 a.m.	<a href="#">34453</a>	10:50 a.m.	<a href="#">34455</a>	5:10 p.m. <a href="#">34540</a>
<b>School Age 4</b> Age 6-12	11:30 a.m.	<a href="#">34457</a>			
<b>School Age 5/6</b> Age 6-12	11:30 a.m.	<a href="#">34362</a>			

### PARENT AND TOT (Age 2-4)

First time skaters will get comfortable on the ice with an adult who is comfortable on skates. Adults will be given tools and skills to assist their child in accomplishing skating basics. Areas of focus are: balancing on two feet, touching toes, marching, falling down and getting up. Adults and children must wear skates and CSA helmets.

### TOT HOCKEY (Age 3-5)

Learn the fundamentals of hockey in a fun and encouraging environment. Full equipment is required. Prerequisite: Preschool 2.

### PRESCHOOL SKATING (Age 3-5)

**Level 1** – Build confidence while having fun on the ice. Lessons include balancing on two feet, touching toes, walking forward, marching, falling down and getting up. **Children must be able to stand on skates and get up from a fall on their own to join.**

**Level 2** – For children who can skate independently. Lessons include gliding, two foot jumps, making snow and walking backward. Prerequisite Level 1.

**Level 3** – Lessons include v-pushes, one foot gliding, two foot jump while gliding, walking backward with some glide, two foot quarter-turns on the spot and stopping. Prerequisite Level 2.

**Level 4** – Lessons include two-foot glides on a curve, walking cross cuts, backward sculling and backward stopping. Prerequisite Level 3.

### SCHOOL-AGE SKATING (Age 6-12)

**Skate 1** – For children that do not have a lot of skating experience. Lessons include forward gliding, marching forward, making snow, falling down and getting up, and walking backward.

**Skate 2** – For children who can skate independently. Lessons include forward sculling, one foot forward glides, stopping, walking backward with some glide, and two foot half turns on the spot. Prerequisite Level 1 or Preschool Level 3.

**Skate 3** – Lessons include one foot glides on a curve, forward walking cross cuts, backwards skating and sculling, two foot backwards glide to one foot and snowplow stop. Prerequisite Level 2 or Preschool Level 4.

**Skate 4** – Lessons include two foot stop, forward crosscuts, turning forward to backwards and backwards to forward, and two foot jump in a glide backward. Prerequisite Level 3.

**Skate 5** – Children will learn skills including: backward C-step turn, two foot stop in both directions, one foot jump gliding forward, fast backward start and fast forward start from back stop. Prerequisite Level 4.

**Skate 6** – An introduction to advanced skating skills while continuing to enhance earlier skills. Participants can request specific skills to focus on with unstructured practice time with instructor supervision. Prerequisite Level 5.