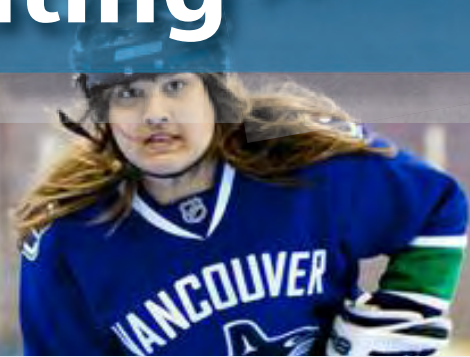


# skating 2011 2012



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**Arena Programmer, Harry Jerome Arena:** David Fletcher, 604-983-6414

**Arena Programmer, Karen Magnussen, Ice Sports Arenas:** Darcie Montgomery, 604-983-6566

**Head Skate Instructor:** Clarissa Gajadhar, 604-983-6573

### A Note about Cancelled Classes

If the minimum number of participants has not registered for a class, it will be cancelled 3 days before the class is scheduled to begin. Be sure to register early to avoid disappointment, as a cancelled class does not guarantee transfer into the appropriate class. If participants register in the wrong level they will be required to withdraw without guarantee of transfer.

### Mandatory Equipment

Skate lesson fees do not include skate and helmet rentals. All participants (including adults) are required to wear skates/ice cleats, gloves or mitts, and helmets (all these items are available to rent). Snowsuits or warm jackets and pants are highly recommended. Bike helmets are not recommended. Hockey, ringette and power skating participants are required to wear helmets with face cages.

### Private Skate Lessons

Private lessons can be arranged to suit your individual needs. Regardless of ability, we can develop lessons to improve your skills. Please call our private lesson line with inquiries at 604-983-6444, ext 756.

**Private skate lessons** (1/2 hour)

Child - single = \$30

5 pack = \$135

Adult - single = \$31.50

5 pack = \$147.25

**Semi-private** (1/2 hour)

\*\*Two people maximum; additional rate for each extra person

Child single - \$43.50

5 pack - \$195.75

Adult single - \$45.68

5 pack - \$205.50

### Report Cards, Certificates & Evaluation

During the last classes of each lesson series our instructors will evaluate your child. On the last day of skating lessons and power skating classes, you will receive a report card as a record of your child's progress. Our instructors work very hard to complete report cards for your child—please bring them back at the beginning of each lesson series. Certificates are given at the end of youth hockey programs and family lessons to congratulate participants on a job well done.

## Learn to Skate Progressions

Preschool Lessons	Schoolage Lessons
Parent & Tot	Levels 1-4
Boots 2 Blades 2-5yrs	Levels 5-8
Family Lessons	Levels 9-12
Levels 1-3	Intro to Schoolage 6-12yrs
Levels 4-6	
Levels 7-9	

## Specialty Ice Programs

Hockey Programs	Power Skating
Parent & Tot Hockey	Levels 1-3
Tiny Tot Hockey	Levels 4-6
Hockey for Fun Level 1	Levels 7-9
Hockey for Fun Level 2	Levels 10-12

## Figure Skating Intro



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## new skate programs

### Boots 2 Blades 2-5yrs

This is an intro to skating for 2-5 year olds who have never been on the ice before or who are unable to stand up by themselves. Children wear shoes/boots, meet their instructor, play on the ice with the toys, do some basic skills and get introduced to the overall skating scene in a fun, non-threatening environment. The instructors will let parents know when a child is ready to try skates. Parent participation is required either in skates or in a sturdy pair of shoes with good tread. Skate rentals are free for this program (if required).

### Hockey Parent & Tot 4-6yrs

Children learn basic hockey skills and game play with the emphasis on fun and with parents help. Participants must be able to stop comfortably and skate with glide across the width of the ice. Prerequisite: ICS Pre Level 4.

### Introduction to Skating for Schoolage 6-12yrs

This class is for beginner school age skaters who are new to the ice and have not participated in lessons before. By the end of the lessons skaters will be able to skate forwards comfortably, do a snowplow stop, glide, maneuver backwards, and maintain proper balance. The beginning progression of basic skating skills leading to hockey, ringette, or just have fun learning.

### Introduction to Figure Skating 7-12yrs

Join us for this exciting new program offering basic instruction on stroking, edges, spins and jumps. Participants must be able to forward and backward skate the width of the ice, push (alternating feet) with a 2 foot glide and be to do sideways stops.



need help?

call our  
customer care  
centre  
604-983-6388

## special skating events

### Funky Fridays (Gr 6-8)

Come check out the best party in town. Every Friday we have a DJ pumped to play your favorite tunes, cool special effects lighting and other activities for the preteen crowd. If you're in Grades 6-8, bring your friends for a funky Friday night.

[Magnussen, Arena](#)

F 8:45-10:15pm

Regular public admission

### Skate with Santa

Grab your friends and join us for a festive skate with Santa. He knows if you've been naughty or nice so enjoy a yummy candy cane... but only if you've been nice!!

[Harry Jerome, Arena](#)

Sa Dec 17 1:00-2:30pm

Regular public admission

### New Year's Eve

Welcome the New Year with a futuristic skate! There will be awesome special effects, lighting and crazy activities to ring in 2011!

[Magnussen, Arena](#)

Sa Dec 31 2:30-4:00pm; 4:30-6:00pm

Regular public admission

### Welcome Back Days

**Toonie Early Season Special!**

Admission to all public sessions from September 11 to October 10 is just \$2 during the first four weeks of the ice season. Skate and helmet rentals included.

### Howlin' Hallowe'en Skate

This spooky and haunted event promises to be a howlin' good time for all. Come in costume for games, tricks and treats.

[Magnussen, Arena](#)

Sun Oct 30 1:00-2:30pm

Regular public admission

### "Spirit Week" Skate

Join us for a free skate complete with fun activities for kids.

[Magnussen, Arena](#)

W Feb 16 6:30-8:00pm

Free admission - regular rental fees apply

### NHL Night

It's time to show your support for your favorite hockey team. Wear your NHL jersey and get set for a ton of fun hockey-related games and prizes. Get your face painted and try your luck at our hockey trivia contest.

[Magnussen, Arena](#)

W Nov 16 6:30-8:00pm

Regular public admission





## holiday skates

	Harry Jerome	Ice Sports	Karen Magnussen
October 8	Family 1:15-2:45pm Public 3:00-4:30pm	No public sessions	No public sessions
October 9	No public sessions	No public sessions	Family 1:00-2:30pm Public 3:00-4:30pm
October 10	Family 10:00-11:30am Public 12:00-1:30pm	No public sessions	Family 1:00-2:30pm Public 3:00-4:30pm
November 11	Family 10:30-12:00pm Public 11:15-12:45pm	No public sessions	Public 10:00-11:30am

## professional day skates

October 21	Public 11:15-12:45pm	No public sessions	Regular public sessions
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### Private Skate Lessons

Private lessons can be arranged to suit your individual needs. Regardless of ability, we can develop lessons to improve your skills. Please call our private lesson line with inquiries at 604-983-6444, ext 756.

#### Private skate lessons (1/2 hour)

Child - single = \$30 5 pack = \$135

Adult - single = \$30 5 pack = \$135

Adult prices HST is added

Semi - private (1/2 hour)

\*\*Two people maximum; additional rate for each extra person

Child single - \$45 5 pack - \$202.50

Adult single - \$45 5 pack - \$202.50

Adult prices HST is added

### Preschool Programs (2-6yrs)

#### Family Skate Lessons (3 yrs & up)

A perfect introduction to show children that learning new skills is a life-long journey! Parents and children discover skating together through games and on-ice activities in this introductory program. This guided discovery of ice programs does not include specific skill instruction and all ages are combined. For specific skate instruction, please refer to the regular skate programs.

#### Parent & Tot (2-5yrs)

An introduction to basic skating skills with parents help. Toys, music and games make the learning fun! This course is designed for children who have never been on the ice before and for those that have a little experience or exposure to the ice.

#### Boots 2 Blades 2-5yrs

This is an intro to skating for 2-5 year olds who have never been on the ice before or who are unable to stand up by themselves. Children wear shoes/boots, meet their instructor, play on the ice with the toys, do some basic skills and get introduced to the overall skating scene in a fun, non-threatening environment. The instructors will let parents know when a child is ready to try skates. Parent participation is required either in skates or in a sturdy pair of shoes with good tread. Skate rentals are free for this program (if required).

#### I Can Skate 3-Year-Old (3yrs)

A shorter class for the three-year-old who is ready for skating lessons without mom or dad's help. Focus will be on the discovery of skating through games and toys.

#### I Can Skate Levels 1-3 (4-6yrs)

A class for first-time skaters! Qualified instructors will lead your child through the basic beginner progressions and skills, combined with time for play.

#### I Can Skate Levels 7-9 (4-6yrs)

Qualified instructors will lead your child through the basic intermediate progressions and skills, combined with time for play. Children must be able to skate forwards with glide and stop comfortably.

Prerequisite: ICS Preschool Level 4

### Schoolage Programs (6-13yrs)

#### I Can Skate Levels 1-4 (6-13yrs)

This class is for beginner and novice skaters who are new to the ice or who have had minimal lesson experience. By the end of the lessons, skaters will be able to skate forwards comfortably, do a snowplow stop, glide, maneuver backwards, and maintain proper balance. The beginning progression of basic skating skills leading to hockey and ringette-or just have fun learning.

want more?

try our new  
online guide at  
[northvanrec.com](http://northvanrec.com)



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## Schoolage Programs (6-13yrs) cont.

### I Can Skate Levels 5-8 (6-13yrs)

A progression of intermediate skating skills. By the end of the lesson series, skaters will have learned to backwards skate, forward and backward double sculling, glide on a curve, do power pushes around a circle, and edge control. A natural continuum for hockey, ringette, figure skating, or just to learn and have fun!

Prerequisite: I Can Skate School Age Level 4

### I Can Skate Levels 9-12 (6-13yrs)

For skaters who have completed all levels of the I Can Skate program and would like to work on more advanced skills, such as edges, turns and stride sequences. Skills include forward and backward crossovers, Mohawk turns, parallel stopping, pivots and one-foot sculling.

Prerequisite: I Can Skate School Age Level 8

### Introduction to Skating for Schoolage (6-12yrs)

This class is for beginner school age skaters who are new to the ice and have not participated in lessons before. By the end of the lessons skaters will be able to skate forwards comfortably, do a snowplow stop, glide, maneuver backwards, and maintain proper balance. The beginning progression of basic skating skills leading to hockey, ringette, or just have fun learning.

### Introduction to Figure Skating (7-12yrs)

Join us for this exciting new program offering basic instruction on stroking, edges, spins and jumps. Participants must be able to forward and backward skate the width of the ice, push (alternating feet) with a 2 foot glide and be to do sideways stops.

## Hockey Programs

### Hockey Parent & Tot (4-6yrs)

Children learn basic hockey skills and game play with the emphasis on fun and with parents help. Participants must be able to stop comfortably and skate with glide across the width of the ice. Prerequisite: ICS Pre Level 4.

### Tiny Tot Hockey (4-6yrs)

Children learn basic hockey skills and game play with the emphasis on fun! Participants must be able to stop comfortably and skate with glide across the width of the ice.

Prerequisite: I Can Skate Preschool Level 4

### Hockey For Fun Level 1 (6-12yrs)

A beginner program developing skills for kids interested in learning and continuing in hockey. Skating skills, plus puck and stick drills are emphasized with a small portion of the class including a hockey game. Participants must be able to stop comfortably and skate with glide across the width of the ice. Prerequisite: Tiny Tot Hockey or I Can Skate School Age Level 4

### Hockey For Fun Level 2 (6-12yrs)

Skill development with an emphasis on games played width-wise with smaller teams for more action and fun. Participants must have some hockey experience and be able to stop and skate the length of the ice.

Prerequisite: Hockey For Fun Level 1 or I Can Skate School Age Level 6

## Power Skating Programs

Power skating classes are not learn-to-skate programs; therefore, participants are required to have basic skating skills (including stopping and backwards skating) before registering. Classes focus on skill development through speed, strength, and endurance conditioning. For more information about specific requirements, please refer to the Power Skating information brochure in the arena lobby. Although it is not mandatory, hockey and ringette players are encouraged to wear full equipment, including sticks.

### Power Skating Levels 1-3 (7-12yrs)

An introduction to power skating class for skaters with intermediate skating abilities (strong forward stride, backwards skating and stopping).

Prerequisite: I Can Skate Level 6

### Power Skating Levels 4-6 (7-12yrs)

Designed for intermediate to advanced skaters.

Prerequisite: Power Skate Level 3 or I Can Skate Level 8

### Power Skating Levels 7-9 (8-14yrs)

An advanced class for hockey or ringette players looking for additional conditioning and skill development.

Prerequisite: Power Skate Level 6 or I Can Skate Level 12

### Power Skating Levels 10-12 (8-14yrs)

Designed for the elite or very advanced hockey or ringette player.

Prerequisite: Power Skate Level 9

## Adult Programs

### Adult Skate Lessons

It's never too late to learn to skate for fun, for fitness, or to keep up with your kids! Our experienced instructors will provide you with the basic skills and more, allowing you to work at your own pace.

### Adult Power Skating

Work on speed, strength and endurance. Perfect for hockey or ringette, or for improving your skating skills and getting in shape. Not for beginner level skaters.

### Adult Coed Hockey Level 1

Have you considered learning to play hockey, but don't know where to begin? In this introductory program you will learn the fundamentals of hockey in a non-contact, supportive and fun environment. Includes basic power skating and stick & puck drills, with a short scrimmage at the end of each class. Participants must be able to stop comfortably and skate the length of the ice. Full equipment mandatory.

### Adult Coed Hockey Level 2

Non-contact beginner hockey for men and women who have taken the Level 1 program and want to move on to the next level. Some skills and drills, with longer scrimmages. Full equipment mandatory.

### Adult Coed Hockey Level 3

Intermediate hockey for those who have taken the Level 2 program and are ready to work on some more advanced skills. Full equipment mandatory.

### Ice Circuit

Our qualified instructors guide you through a high-energy skating program that allows you to work at your own pace. A mix of cardio, strength and circuit training provides excellent conditioning for overall physical fitness or specific ice sports (including hockey, ringette and figure skating). This program is designed for adults with some skating abilities from beginner to expert. Participants must be able to skate forwards and stop comfortably.



# skating

# ice



## End of Summer Ice at Karen Magnussen

### Stick & Puck 6-12 yrs

Drills and activities to develop stick and puck handling skills. Perfect for hockey and ringette players. A helmet with a cage or visor, hockey gloves and hockey stick are mandatory but full gear is recommended.

276217 Tu Aug 30 10:00-11:30am  
276218 Th Sep 1 10:00-11:30am  
\$5

### Pre-season on Ice Bootcamp

Preseason Hockey On Ice Bootcamp, participants will work on power skating, stick handling, shooting and more.

**Magnussen**

#### 6-8 yrs

275281 Tu-F Aug 30-Sep 2 3:30-4:30pm

#### 9-12yrs

275288 Tu-F Aug 30-Sep 2 4:45-5:45pm  
\$26.80

### Skate Evaluation Day

An opportunity to come to the arena and meet with our instructor team to have an evaluation on your skating abilities. Instructors will evaluate your child to determine what level you should register in. No charge but participants must pre register.

**Magnussen**

273761 Tu Aug 30 12:00-1:00pm  
273762 Th Sep 1 12:00-1:00pm

No charge - must preregister

### Public Ice Skate Sessions

Tu Aug 30 12:30-2:00pm  
Th Sep 1 12:30-2:00pm  
\$2 drop-in Includes helmet & skate rentals

## early years

### Family Skate Lessons 2-5yrs

A perfect introduction to show children that learning new skills is a life long journey! Parents and children discover skating together through games and on-ice activities in this introductory program. Please note all ages will be combined. This guided discovery of ice programs does not include specific skill instruction.

**Ice Sports**

270647 Su Sep 11-Oct 23 3:45-4:15pm  
272822 Su Oct 30-Dec 11 3:45-4:15pm  
\$24.85

273905 Su Jan 8-Mar 4 3:45-4:15pm  
\$31.95

**Magnussen**

270646 Su Sep 11-Oct 23 12:00-12:40pm  
272821 Su Oct 30-Dec 11 12:00-12:40pm  
\$24.85

273906 Su Jan 8-Mar 4 12:00-12:40pm  
\$31.95

### Parent & Tot 2-5yrs

An introduction to basic skating skills with parent's help. Toys, music and games help to make the learning fun! Parent & Tot Level 1 is designed for children who have never been on the ice before. Parent & Tot Level 2 is for those that have a little experience or exposure to the ice.

**Harry Jerome**

274057 Sa Sep 10-Oct 22 9:30-10:00am  
274058 Sa Sep 10-Oct 22 10:30-11:00am

274059 Sa Sep 10-Oct 22 11:15-11:45am  
274059 Sa Sep 10-Oct 22 11:15-11:45am

274060 W Sep 14-Oct 26 5:00-5:30pm  
274061 F Sep 16-Oct 28 10:15-10:45am

274062 F Sep 16-Oct 28 1:45-2:15pm  
274063 Sa Oct 29-Dec 10 9:30-10:00am

274064 Sa Oct 29-Dec 10 10:30-11:00am  
274065 Sa Oct 29-Dec 10 11:15-11:45am

274068 W Nov 2-Dec 14 5:00-5:30pm  
274066 F Nov 4-Dec 16 10:15-10:45am

274067 F Nov 4-Dec 16 1:45-2:15pm  
\$33.25

274087 W Jan 4-Mar 7 5:00-5:30pm  
274095 F Jan 6-Mar 9 10:15-10:45am

274096 F Jan 6-Mar 9 1:45-2:15pm  
\$47.50

274097 Sa Jan 7-Mar 10 9:30-10:00am  
274098 Sa Jan 7-Mar 10 10:30-11:00am

274099 Sa Jan 7-Mar 10 11:15-11:45am  
\$47.50

**Ice Sports**

273212 Su Sep 11-Oct 23 2:15-2:55pm  
273213 Su Sep 11-Oct 23 3:45-4:15pm

273229 W Sep 14-Oct 26 10:15-10:55am  
273214 W Sep 14-Oct 26 5:15-5:55pm

273652 Su Oct 30-Dec 11 2:15-2:55pm  
273653 Su Oct 30-Dec 11 3:45-4:15pm

273654 W Nov 2-Dec 14 10:15-10:55am  
273655 W Nov 2-Dec 14 5:15-5:55pm

\$49.70

### Parent & Tot cont.

273942 Su Jan 8-Mar 4 2:15-2:55pm  
273941 Su Jan 8-Mar 4 3:45-4:15pm

\$63.90  
273948 W Jan 4-Mar 7 10:15-10:55am  
273943 W Jan 4-Mar 7 5:15-5:55pm

\$71

**Magnussen**

273218 Su Sep 11-Oct 23 11:00-11:40am  
273219 Tu Sep 13-Oct 25 3:45-4:25pm

273221 Th Sep 15-Oct 27 10:15-10:55am  
273656 Su Oct 30-Dec 11 11:00-11:40am

273657 Tu Nov 1-Dec 13 3:45-4:25pm  
273658 Th Nov 3-Dec 15 10:15-10:55am

\$49.70  
273944 Su Jan 8-Mar 4 11:00-11:40am

\$63.90  
273945 Tu Jan 3-Mar 6 3:45-4:25pm

273947 Th Jan 5-Mar 8 10:15-10:55am  
\$71

### Boots 2 Blades 2-5yrs

This is an intro to skating for 2-5 year olds who have never been on the ice before or who are unable to stand up by themselves. Children wear shoes/boots, meet their instructor, play on the ice with the toys, do some basic skills and get introduced to the overall skating scene in a fun, non-threatening environment. The instructors will let parents know when a child is ready to try skates. Parent participation is required either in skates or in a sturdy pair of shoes with good tread. Skate rentals are free for this program (if required).

**Magnussen**

273744 Su Sep 11-Oct 23 12:00-12:30pm  
273745 Su Oct 30-Dec 11 12:00-12:30pm

\$33.25  
273971 Su Jan 8-Mar 4 12:00-12:30pm

\$42.75

### Preschool 3yrs

A shorter class for the 3 year old who is ready for skating lessons without mom or dad's help. Focus will be on the discovery of skating through games and toys.

**Harry Jerome**

274754 Sa Sep 10-Oct 22 10:00-10:30am  
274756 W Sep 14-Oct 26 4:30-5:00pm

274757 F Sep 16-Oct 28 10:15-10:45am  
274758 F Sep 16-Oct 28 1:45-2:15pm

274759 F Sep 16-Oct 28 4:30-5:00pm  
274760 Sa Oct 29-Dec 10 10:00-10:30am

\$33.25  
274765 W Nov 2-Dec 14 4:30-5:00pm

\$49.70  
274762 F Nov 4-Dec 16 10:15-10:45am

274763 F Nov 4-Dec 16 1:45-2:15pm  
274764 F Nov 4-Dec 16 4:30-5:00pm

\$33.25  
274232 W Jan 4-Mar 7 4:30-5:00pm

274285 F Jan 6-Mar 9 10:30-11:00am  
274292 F Jan 6-Mar 9 1:45-2:15pm



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## Preschool cont.

274293	F	Jan 6-Mar 9	4:30-5:00pm
274294	Sa	Jan 7-Mar 10	10:00-10:30am
\$47.50			

## Ice Sports

273249	Su	Sep 11-Oct 23	3:45-4:15pm
273251	W	Sep 14-Oct 26	10:15-10:45am
273685	Su	Oct 30-Dec 11	3:45-4:15pm
273686	W	Nov 2-Dec 14	10:15-10:45am
\$33.25			
273964	W	Jan 4-Mar 7	10:15-10:45am
\$47.50			
273957	Su	Jan 8-Mar 4	3:45-4:15pm
\$42.75			

## Magnussen

273254	Su	Sep 11-Oct 23	11:00-11:30am
273255	Tu	Sep 13-Oct 25	4:30-5:00pm
273256	Th	Sep 15-Oct 27	10:15-10:45am
273264	Th	Sep 15-Oct 27	1:45-2:15pm
273257	Th	Sep 15-Oct 27	4:30-5:00pm
273687	Su	Oct 30-Dec 11	11:00-11:30am
273688	Tu	Nov 1-Dec 13	4:30-5:00pm
273689	Th	Nov 3-Dec 15	10:15-10:45am
273690	Th	Nov 3-Dec 15	1:45-2:15pm
273691	Th	Nov 3-Dec 15	4:30-5:00pm
\$33.25			
273958	Su	Jan 8-Mar 4	11:00-11:30am
\$42.75			
273959	Tu	Jan 3-Mar 6	4:30-5:00pm
273960	Th	Jan 5-Mar 8	10:15-10:45am
273961	Th	Jan 5-Mar 8	1:45-2:15pm
273962	Th	Jan 5-Mar 8	4:30-5:00pm
\$47.50			

## hockey



### Hockey Parent & Tot 4-6yrs

Children learn basic hockey skills and game play with the emphasis on fun and with parents help. Participants must be able to stop comfortably and skate with glide across the width of the ice. Prerequisite: ICS Pre Level 4.

## Ice Sports

273713	Th	Sep 15-Oct 27	5:30-6:10pm
273714	Th	Nov 3-Dec 15	5:30-6:10pm
\$49.70			
274008	Th	Jan 5-Mar 8	5:30-6:10pm
\$71			

## Magnussen

273721	Th	Sep 15-Oct 27	1:45-2:25pm
273723	F	Sep 16-Oct 28	4:30-5:10pm
273722	Th	Nov 3-Dec 15	1:45-2:25pm
273738	F	Nov 4-Dec 16	4:30-5:10pm
\$42.70			
273967	Th	Jan 5-Mar 8	1:45-2:25pm
273969	F	Jan 6-Mar 9	4:30-5:10pm
\$71			

## Hockey Tiny Tot 4-6yrs

Children learn basic hockey skills and game play with the emphasis on fun! Participants must be able to stop comfortably and skate with glide across the width of the ice. Prerequisite: ICS Pre Level 4.

## Tiny Tot Hockey

### Harry Jerome

268360	Sa	Sep 10-Oct 22	12:00-12:40pm
268353	Tu	Sep 13-Oct 25	4:00-4:45pm
268354	F	Sep 16-Oct 28	1:45-2:25pm
268359	F	Sep 16-Oct 28	1:45-2:25pm
268356	Sa	Oct 29-Dec 10	12:00-12:40pm
268357	Tu	Nov 1-Dec 13	4:00-4:45pm
\$49.70			
268369	Tu	Jan 3-Mar 6	4:00-4:45pm
268371	F	Jan 6-Mar 9	1:45-2:25pm
268372	Sa	Jan 7-Mar 10	12:00-12:40pm
\$71			

## Ice Sports

270585	Th	Sep 15-Oct 27	5:30-6:10pm
270970	Th	Nov 3-Dec 15	5:30-6:10pm
\$49.70			
273836	Th	Jan 5-Mar 8	5:30-6:10pm
\$71			

## Magnussen

270583	M	Sep 12-Oct 24	4:30-5:10pm
\$42.60			
270581	F	Sep 16-Oct 28	3:45-4:25pm
270972	M	Oct 31-Dec 12	4:30-5:10pm
\$49.70			
270971	F	Nov 4-Dec 16	3:45-4:25pm
\$42.60			
273838	F	Jan 6-Mar 9	3:45-4:25pm
\$71			
273839	M	Jan 9-Mar 5	4:30-5:10pm
\$63.90			

## I Can Skate Preschool 4-6yrs

A class for first time skaters! Qualified instructors will lead your child through the basic beginner progressions and skills, combined with time for play

### Level 1-3

### Harry Jerome

274344	M	Jan 2-Mar 5	3:45-4:25pm
274345	M	Jan 2-Mar 5	4:30-5:10pm
\$71			
274883	Sa	Sep 10-Oct 22	10:15-10:55am
274882	Sa	Sep 10-Oct 22	9:30-10:10am
274905	Sa	Sep 10-Oct 22	11:15-11:55am
274884	M	Sep 12-Oct 24	3:45-4:25pm
274904	M	Sep 12-Oct 24	4:30-5:10pm
274904	M	Sep 12-Oct 24	4:30-5:10pm
274885	W	Sep 14-Oct 26	3:45-4:25pm
274886	W	Sep 14-Oct 26	4:30-5:10pm
274887	W	Sep 14-Oct 26	5:15-5:55pm
274888	F	Sep 16-Oct 28	9:30-10:10am
274889	F	Sep 16-Oct 28	1:00-1:40pm
274890	F	Sep 16-Oct 28	3:45-4:25pm
274891	F	Sep 16-Oct 28	4:30-5:10pm
274892	F	Sep 16-Oct 28	5:15-5:55pm
274893	Sa	Oct 29-Dec 10	9:30-10:10am
274894	Sa	Oct 29-Dec 10	10:15-10:55am
274895	Sa	Oct 29-Dec 10	11:15-11:55am

fall  
program  
registration

starts  
wednesday  
**aug 17**

winter  
program  
registration

starts  
wednesday  
**oct 19**

## I Can Skate Preschool cont.

274907	M	Oct 31-Dec 12	3:45-4:25pm
274896	M	Oct 31-Dec 12	4:30-5:10pm
274897	W	Nov 2-Dec 14	3:45-4:25pm
274898	W	Nov 2-Dec 14	4:30-5:10pm
274899	W	Nov 2-Dec 14	5:15-5:55pm
274900	F	Nov 4-Dec 16	9:30-10:10am
274901	F	Nov 4-Dec 16	1:00-1:40pm
274902	F	Nov 4-Dec 16	3:45-4:25pm
274903	F	Nov 4-Dec 16	4:30-5:10pm
274906	F	Nov 4-Dec 16	5:15-5:55pm
\$49.70			
274346	W	Jan 4-Mar 7	3:45-4:25pm
274347	W	Jan 4-Mar 7	4:30-5:10pm
274348	W	Jan 4-Mar 7	5:15-5:55pm
274349	F	Jan 6-Mar 9	9:30-10:10am
274350	F	Jan 6-Mar 9	1:00-1:40pm
274354	F	Jan 6-Mar 9	3:45-4:25pm
274351	F	Jan 6-Mar 9	4:30-5:10pm
274355	F	Jan 6-Mar 9	5:15-5:55pm
274352	Sa	Jan 7-Mar 10	9:30-10:10am
274356	Sa	Jan 7-Mar 10	10:15-10:55am
274353	Sa	Jan 7-Mar 10	11:15-11:55am
\$71			

## Ice Sports

270651	Su	Sep 11-Oct 23	2:15-2:55pm
270652	Su	Sep 11-Oct 23	3:00-3:40pm
\$49.70			
272829	Su	Sep 11-Oct 23	3:45-4:15pm
\$33.25			
270653	W	Sep 14-Oct 26	9:30-10:10am
270654	W	Sep 14-Oct 26	3:45-4:25pm
270655	W	Sep 14-Oct 26	4:30-5:10pm
270656	Th	Sep 15-Oct 27	4:00-4:40pm
272831	Su	Oct 30-Dec 11	2:15-2:55pm
272841	Su	Oct 30-Dec 11	3:00-3:40pm
\$49.70			
272830	Su	Oct 30-Dec 11	3:45-4:15pm
\$33.25			
272854	W	Nov 2-Dec 14	9:30-10:10am
272857	W	Nov 2-Dec 14	3:45-4:25pm
272873	W	Nov 2-Dec 14	4:30-5:10pm
272874	Th	Nov 3-Dec 15	4:00-4:40pm
\$49.70			
273913	W	Jan 4-Mar 7	9:30-10:10am
273912	W	Jan 4-Mar 7	3:45-4:25pm
273911	W	Jan 4-Mar 7	4:30-5:10pm
273914	Th	Jan 5-Mar 8	4:00-4:40pm
\$71			
273909	Su	Jan 8-Mar 4	2:15-2:55pm
273910	Su	Jan 8-Mar 4	3:00-3:40pm
\$63.90			
274015	Su	Jan 8-Mar 4	3:45-4:15pm
\$42.75			

# skating



## I Can Skate Preschool cont.

### Magnussen

270660	Su	Sep 11-Oct 23	11:00-11:40am
270671	Su	Sep 11-Oct 23	12:00-12:40pm
\$49.70			
270661	M	Sep 12-Oct 24	3:45-4:25pm
\$42.60			
270673	Tu	Sep 13-Oct 25	3:45-4:25pm
270663	Tu	Sep 13-Oct 25	5:15-5:55pm
270664	Th	Sep 15-Oct 27	9:30-10:10am
270665	Th	Sep 15-Oct 27	1:00-1:40pm
270672	Th	Sep 15-Oct 27	3:45-4:25pm
270666	Th	Sep 15-Oct 27	4:30-5:10pm
272908	Su	Oct 30-Dec 11	11:00-11:40am
272968	Su	Oct 30-Dec 11	12:00-12:40pm
273003	M	Oct 31-Dec 12	3:45-4:25pm
273006	Tu	Nov 1-Dec 13	3:45-4:25pm
273073	Tu	Nov 1-Dec 13	5:15-5:55pm
273139	Th	Nov 3-Dec 15	9:30-10:10am
273156	Th	Nov 3-Dec 15	1:00-1:40pm
273173	Th	Nov 3-Dec 15	3:45-4:25pm
273185	Th	Nov 3-Dec 15	4:30-5:10pm
\$49.70			
273926	Tu	Jan 3-Mar 6	3:45-4:25pm
273927	Tu	Jan 3-Mar 6	4:30-5:10pm
273917	Tu	Jan 3-Mar 6	5:15-5:55pm
273918	Th	Jan 5-Mar 8	9:30-10:10am
273919	Th	Jan 5-Mar 8	1:00-1:40pm
273920	Th	Jan 5-Mar 8	3:45-4:25pm
273921	Th	Jan 5-Mar 8	4:30-5:10pm
\$71			
273916	Su	Jan 8-Mar 4	11:00-11:40am
273925	Su	Jan 8-Mar 4	12:00-12:40pm
\$63.90			
273923	M	Jan 9-Mar 5	3:45-4:25pm
\$63.90			

let's be friends!



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## Level 4-6

### Harry Jerome

274854	Sa	Sep 10-Oct 22	11:15-11:55am
\$49.70			
274855	M	Sep 12-Oct 24	4:30-5:10pm
\$42.60			
274856	W	Sep 14-Oct 26	3:45-4:25pm
274859	W	Sep 14-Oct 26	4:30-5:10pm
274860	F	Sep 16-Oct 28	9:30-10:10am
274868	F	Sep 16-Oct 28	1:00-1:40pm
274869	F	Sep 16-Oct 28	3:45-4:25pm
274870	F	Sep 16-Oct 28	5:15-5:55pm
274871	Sa	Oct 29-Dec 10	11:15-11:55am
274872	M	Oct 31-Dec 12	4:30-5:10pm
274873	W	Nov 2-Dec 14	3:45-4:25pm
274874	W	Nov 2-Dec 14	4:30-5:10pm
274875	F	Nov 4-Dec 16	9:30-10:10am
274876	F	Nov 4-Dec 16	1:00-1:40pm
274877	F	Nov 4-Dec 16	3:45-4:25pm
274878	F	Nov 4-Dec 16	5:15-5:55pm
\$49.70			
274370	M	Jan 2-Mar 5	4:30-5:10pm
274371	W	Jan 4-Mar 7	3:45-4:25pm
274584	W	Jan 4-Mar 7	4:30-5:10pm
274372	F	Jan 6-Mar 9	9:30-10:10am
274373	F	Jan 6-Mar 9	1:00-1:40pm
274374	F	Jan 6-Mar 9	3:45-4:25pm
274375	F	Jan 6-Mar 9	5:15-5:55pm
274376	Sa	Jan 7-Mar 10	11:15-11:55am
\$71			

## Ice Sports

273187	Su	Sep 11-Oct 23	2:15-2:55pm
273188	W	Sep 14-Oct 26	4:30-5:10pm
273189	Th	Sep 15-Oct 27	4:00-4:40pm
273362	Su	Oct 30-Dec 11	2:15-2:55pm
273375	W	Nov 2-Dec 14	4:30-5:10pm
273376	Th	Nov 3-Dec 15	4:00-4:40pm
\$49.70			
273931	W	Jan 4-Mar 7	4:30-5:10pm
273932	Th	Jan 5-Mar 8	4:00-4:40pm
\$71			
273930	Su	Jan 8-Mar 4	2:15-2:55pm
\$63.90			
<b>Magnussen</b>			
273211	Su	Sep 11-Oct 23	11:00-11:40am
\$49.70			
273195	M	Sep 12-Oct 24	3:45-4:25pm
\$42.60			
273196	Tu	Sep 13-Oct 25	3:45-4:25pm
273197	Th	Sep 15-Oct 27	9:30-10:10am
273198	Th	Sep 15-Oct 27	1:00-1:40pm
273199	Th	Sep 15-Oct 27	3:45-4:25pm
273200	Th	Sep 15-Oct 27	4:30-5:10pm
273378	Su	Oct 30-Dec 11	11:00-11:40am
273629	M	Oct 31-Dec 12	3:45-4:25pm
273630	Tu	Nov 1-Dec 13	3:45-4:25pm
273631	Th	Nov 3-Dec 15	9:30-10:10am
273632	Th	Nov 3-Dec 15	1:00-1:40pm
273633	Th	Nov 3-Dec 15	3:45-4:25pm
273634	Th	Nov 3-Dec 15	4:30-5:10pm
\$49.70			
273934	Su	Jan 8-Mar 4	11:00-11:40am
273935	M	Jan 9-Mar 5	3:45-4:25pm
\$63.90			

# Play Girls Hockey!



If your daughter wants to play Canada's game she should play for the North Shore Avalanche...one of the largest and most successful female hockey programs in BC.

- Excellent coaching
- September to March schedule
- Great ice times
- Affordable
- You don't need to know how to skate to start
- Programs start at age 5
- No body contact



To register or for more information: [northshoregirlshockey.com](http://northshoregirlshockey.com)



## I Can Skate Preschool Level 4-6 cont.

273936	Tu	Jan 3-Mar 6	3:45-4:25pm
273937	Th	Jan 5-Mar 8	9:30-10:10am
273938	Th	Jan 5-Mar 8	1:00-1:40pm
273939	Th	Jan 5-Mar 8	3:45-4:25pm
274050	Th	Jan 5-Mar 8	4:30-5:10pm

## Level 7-9

### Harry Jerome

274775	M	Sep 12-Oct 24	4:30-5:10pm
\$42.60			
274776	W	Sep 14-Oct 26	3:45-4:25pm
274782	M	Oct 31-Dec 12	4:30-5:10pm
274798	W	Nov 2-Dec 14	3:45-4:25pm
\$49.70			
274585	W	Jan 4-Mar 7	3:45-4:25pm

### Ice Sports

273705	W	Sep 14-Oct 26	5:15-5:55pm
273706	W	Nov 2-Dec 14	5:15-5:55pm
\$49.70			
273977	W	Jan 4-Mar 7	5:15-5:55pm

### Magnussen

273707	Su	Sep 11-Oct 23	12:00-12:40pm
273709	Tu	Sep 13-Oct 25	4:30-5:10pm
273708	Su	Oct 30-Dec 11	12:00-12:40pm
273710	Tu	Nov 1-Dec 13	4:30-5:10pm
\$49.70			
273979	Su	Jan 8-Mar 4	12:00-12:40pm
\$63.90			
273981	Tu	Jan 3-Mar 6	4:30-5:10pm
274569	M	Jan 2-Mar 5	4:30-5:10pm

## schoolage



### Introduction to Skating for Schoolage 6-12yrs

This class is for beginner school age skaters who are new to the ice and have not participated in lessons before. By the end of the lessons skaters will be able to skate forwards comfortably, do a snowplow stop, glide, maneuver backwards, and maintain proper balance. The beginning progression of basic skating skills leading to hockey, ringette, or just have fun learning.

### Magnussen

274565	Tu	Sep 13-Oct 25	4:30-5:10pm
274566	Tu	Nov 1-Dec 13	4:30-5:10pm
\$46.20			
274567	Tu	Jan 3-Mar 6	4:30-5:10pm



## Skate I Can Skate

This class is for beginner and novice skaters who are new to the ice or who have had minimal lesson experience. By the end of the lessons skaters will be able to skate forwards comfortably, do a snowplow stop, glide, maneuver backwards, and maintain proper balance.

### Level 1-4

#### Harry Jerome

274830	Sa	Sep 10-Oct 22	9:30-10:10am
274831	Sa	Sep 10-Oct 22	10:15-10:55am
274832	Sa	Sep 10-Oct 22	11:15-11:55am
\$46.20			
274846	M	Sep 12-Oct 24	3:45-4:25pm
274847	M	Sep 12-Oct 24	4:30-5:10pm
\$39.60			
274833	W	Sep 14-Oct 26	3:45-4:25pm
274834	W	Sep 14-Oct 26	4:30-5:10pm
274835	W	Sep 14-Oct 26	5:15-5:55pm
274836	F	Sep 16-Oct 28	3:45-4:25pm
274837	F	Sep 16-Oct 28	4:30-5:10pm
274838	F	Sep 16-Oct 28	5:15-5:55pm
274839	Sa	Oct 29-Dec 10	9:30-10:10am
274840	Sa	Oct 29-Dec 10	10:15-10:55am
274841	Sa	Oct 29-Dec 10	11:15-11:55am
274842	M	Oct 31-Dec 12	3:45-4:25pm
274843	M	Oct 31-Dec 12	4:30-5:10pm
274848	W	Nov 2-Dec 14	3:45-4:25pm
274849	W	Nov 2-Dec 14	4:30-5:10pm
274850	W	Nov 2-Dec 14	5:15-5:55pm
274844	F	Nov 4-Dec 16	3:45-4:25pm
274851	F	Nov 4-Dec 16	4:30-5:10pm
274845	F	Nov 4-Dec 16	5:15-5:55pm
\$46.20			

274308	M	Jan 2-Mar 5	3:45-4:25pm
274309	M	Jan 2-Mar 5	4:30-5:10pm
274310	W	Jan 4-Mar 7	3:45-4:25pm
274311	W	Jan 4-Mar 7	4:30-5:10pm
274312	W	Jan 4-Mar 7	5:15-5:55pm
274316	F	Jan 6-Mar 9	3:45-4:25pm
274317	F	Jan 6-Mar 9	4:30-5:10pm
274313	F	Jan 6-Mar 9	5:15-5:55pm
274318	Sa	Jan 7-Mar 10	9:30-10:10am
274314	Sa	Jan 7-Mar 10	10:15-10:55am
274315	Sa	Jan 7-Mar 10	11:15-11:55am

### Ice Sports

270588	Su	Sep 11-Oct 23	2:15-2:55pm
270589	Su	Sep 11-Oct 23	3:00-3:40pm
270590	W	Sep 14-Oct 26	3:45-4:25pm
270591	W	Sep 14-Oct 26	4:30-5:10pm
270592	Th	Sep 15-Oct 27	4:00-4:40pm
271050	Su	Oct 30-Dec 11	2:15-2:55pm
271051	Su	Oct 30-Dec 11	3:00-3:40pm
271052	W	Nov 2-Dec 14	3:45-4:25pm
271053	W	Nov 2-Dec 14	4:30-5:10pm
271054	Th	Nov 3-Dec 15	4:00-4:40pm
\$46.20			
273875	Su	Jan 8-Mar 4	2:15-2:55pm
273876	Su	Jan 8-Mar 4	3:00-3:40pm
\$59.40			
273877	W	Jan 4-Mar 7	3:45-4:25pm
273878	W	Jan 4-Mar 7	4:30-5:10pm
273879	Th	Jan 5-Mar 8	4:00-4:40pm

## I Can Skate Level 1-4 cont.

### Please see p.126 for French & Skating programs

#### Magnussen

270598	Su	Sep 11-Oct 23	11:00-11:40am
270610	Su	Sep 11-Oct 23	12:00-12:40pm
\$46.20			
270611	M	Sep 12-Oct 24	3:45-4:25pm
\$39.60			
270612	Tu	Sep 13-Oct 25	3:45-4:25pm
270600	Tu	Sep 13-Oct 25	5:15-5:55pm
270602	Th	Sep 15-Oct 27	3:45-4:25pm
270603	Th	Sep 15-Oct 27	4:30-5:10pm
271058	Su	Oct 30-Dec 11	11:00-11:40am
271059	Su	Oct 30-Dec 11	12:00-12:40pm
271068	M	Oct 31-Dec 12	3:45-4:25pm
271069	Tu	Nov 1-Dec 13	3:45-4:25pm
271071	Tu	Nov 1-Dec 13	5:15-5:55pm
271073	Th	Nov 3-Dec 15	3:45-4:25pm
271074	Th	Nov 3-Dec 15	4:30-5:10pm
\$46.20			
273886	Su	Jan 8-Mar 4	11:00-11:40am
273880	Su	Jan 8-Mar 4	12:00-12:40pm
273881	M	Jan 9-Mar 5	3:45-4:25pm
\$59.40			
273882	Tu	Jan 3-Mar 6	3:45-4:25pm
273883	Tu	Jan 3-Mar 6	5:15-5:55pm
273885	Th	Jan 5-Mar 8	3:45-4:25pm
273884	Th	Jan 5-Mar 8	4:30-5:10pm

### Level 5-8

#### Harry Jerome

274802	Sa	Sep 10-Oct 22	9:30-10:10am
274803	Sa	Sep 10-Oct 22	10:15-10:55am
274804	Sa	Sep 10-Oct 22	11:15-11:55am
\$46.20			
274819	M	Sep 12-Oct 24	3:45-4:25pm
274819	M	Sep 12-Oct 24	3:45-4:25pm
274820	M	Sep 12-Oct 24	4:30-5:10pm
\$39.60			
274805	W	Sep 14-Oct 26	3:45-4:25pm
274806	W	Sep 14-Oct 26	4:30-5:10pm
274807	W	Sep 14-Oct 26	5:15-5:55pm
274808	F	Sep 16-Oct 28	3:45-4:25pm
274809	F	Sep 16-Oct 28	4:30-5:10pm
274810	F	Sep 16-Oct 28	5:15-5:55pm
274811	Sa	Oct 29-Dec 10	9:30-10:10am
274812	Sa	Oct 29-Dec 10	10:15-10:55am
274813	Sa	Oct 29-Dec 10	11:15-11:55am
274814	M	Oct 31-Dec 12	3:45-4:25pm
274815	M	Oct 31-Dec 12	4:30-5:10pm
274821	W	Nov 2-Dec 14	3:45-4:25pm
274822	W	Nov 2-Dec 14	4:30-5:10pm
274823	W	Nov 2-Dec 14	5:15-5:55pm
274816	F	Nov 4-Dec 16	3:45-4:25pm
274817	F	Nov 4-Dec 16	4:30-5:10pm
274818	F	Nov 4-Dec 16	5:15-5:55pm

# skating



## I Can Skate Level 5-8 cont.

274327	M	Jan 2-Mar 5	3:45-4:25pm
274328	M	Jan 2-Mar 5	4:30-5:10pm
274329	W	Jan 4-Mar 7	3:45-4:25pm
274330	W	Jan 4-Mar 7	4:30-5:10pm
274331	W	Jan 4-Mar 7	5:15-5:55pm
274332	F	Jan 6-Mar 9	3:45-4:25pm
274333	F	Jan 6-Mar 9	4:30-5:10pm
274334	F	Jan 6-Mar 9	5:15-5:55pm
274335	Sa	Jan 7-Mar 10	9:30-10:10am
274336	Sa	Jan 7-Mar 10	10:15-10:55am
274337	Sa	Jan 7-Mar 10	11:15-11:55am

## Ice Sports

270615	Su	Sep 11-Oct 23	3:00-3:40pm
270618	W	Sep 14-Oct 26	3:45-4:25pm
270633	Th	Sep 15-Oct 27	4:00-4:40pm
271628	Su	Oct 30-Dec 11	3:00-3:40pm
271647	W	Nov 2-Dec 14	3:45-4:25pm
271649	Th	Nov 3-Dec 15	4:00-4:40pm
\$46.20			
273888	W	Jan 4-Mar 7	3:45-4:25pm
273890	Th	Jan 5-Mar 8	4:00-4:40pm
\$66			
273887	Su	Jan 8-Mar 4	3:00-3:40pm

## Magnussen

270632	Su	Sep 11-Oct 23	11:00-11:40am
270622	Su	Sep 11-Oct 23	12:00-12:40pm
\$46.20			
270623	M	Sep 12-Oct 24	3:45-4:25pm
\$39.60			
270626	Tu	Sep 13-Oct 25	4:30-5:10pm
270628	Th	Sep 15-Oct 27	3:45-4:25pm
271652	Su	Oct 30-Dec 11	11:00-11:40am
271656	Su	Oct 30-Dec 11	12:00-12:40pm
272781	M	Oct 31-Dec 12	3:45-4:25pm
271657	Tu	Nov 1-Dec 13	4:30-5:10pm
271658	Th	Nov 3-Dec 15	3:45-4:25pm
\$46.20			
273895	Tu	Jan 3-Mar 6	4:30-5:10pm
273896	Th	Jan 5-Mar 8	3:45-4:25pm

visit [northvanrec.com](http://northvanrec.com) for more details!



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## I Can Skate Level 5-8 cont.

273892	Su	Jan 8-Mar 4	11:00-11:40am
274014	Su	Jan 8-Mar 4	12:00-12:40pm
273894	M	Jan 9-Mar 5	3:45-4:25pm

## Level 9-12

### Harry Jerome

274341	M	Sep 12-Oct 24	3:45-4:25pm
\$39.60			
274342	M	Oct 31-Dec 12	3:45-4:25pm
\$46.20			
274340	M	Jan 2-Mar 5	3:45-4:30pm
274496	W	Jan 4-Mar 7	5:15-5:55pm

## Ice Sports

270635	Su	Sep 11-Oct 23	3:00-3:40pm
270639	Th	Sep 15-Oct 27	4:00-4:40pm
272789	Su	Oct 30-Dec 11	3:00-3:40pm
272790	Th	Nov 3-Dec 15	4:00-4:40pm
\$46.20			
273901	Su	Jan 8-Mar 4	3:00-3:40pm
\$59.40			
273902	Th	Jan 5-Mar 8	4:00-4:40pm

## Magnussen

270637	Tu	Sep 13-Oct 25	5:15-5:55pm
272797	Tu	Nov 1-Dec 13	5:15-5:55pm
\$46.20			
273900	Tu	Jan 3-Mar 6	5:15-5:55pm

## Introduction to Figure Skating 7-12yrs

Join us for this exciting new program offering basic instruction on stroking, edges, spins and jumps. Participants must be able to forward and backward skate the width of the ice, push (alternating feet) with a 2 foot glide and be to do sideways stops.

## Ice Sports

273746	W	Sep 14-Oct 26	5:15-5:55pm
273747	W	Nov 2-Dec 14	5:15-5:55pm
\$46.20			
273973	W	Jan 4-Mar 7	5:15-5:55pm
\$66			
Magnussen			
273748	Tu	Sep 13-Oct 25	5:15-5:55pm
273749	Tu	Nov 1-Dec 13	5:15-5:55pm
\$46.20			
273975	Tu	Jan 3-Mar 6	5:15-5:55pm

## Hockey for Fun

A beginner program developing skills for kids interested in learning and continuing in hockey. Skating skills, puck and stick drills are emphasized with a small portion of the class including a hockey game. Participants must be able to stop comfortably and skate with glide across the width of the ice. Prerequisite: Tiny Tot Hockey or ICS Schoolage Level 4.

## Level 1

### Harry Jerome

268345	Sa	Sep 10-Oct 22	12:00-12:40pm
268347	Tu	Sep 13-Oct 25	4:00-4:45pm

## Hockey for Fun cont.

268346	Sa	Oct 29-Dec 10	12:00-12:40pm
268348	Tu	Nov 1-Dec 13	4:00-4:45pm
\$49.70			
268365	Tu	Jan 3-Mar 6	4:00-4:45pm
268366	Sa	Jan 7-Mar 10	12:00-12:40pm

## Ice Sports

270563	Th	Sep 15-Oct 27	5:30-6:10pm
\$49.70			
270959	Th	Nov 3-Dec 15	5:30-6:10pm
\$49.70			
273826	Th	Jan 5-Mar 8	5:30-6:10pm

## Magnussen

270561	M	Sep 12-Oct 24	4:30-5:10pm
\$42.60			
270564	Th	Sep 15-Oct 27	5:15-5:55pm
270562	F	Sep 16-Oct 28	3:45-4:25pm
270833	F	Sep 16-Oct 28	4:30-5:10pm
270836	M	Oct 31-Dec 12	4:30-5:10pm
270837	Th	Nov 3-Dec 8	5:15-5:55pm
\$49.70			
270838	F	Nov 4-Dec 16	3:45-5:10pm
270839	F	Nov 4-Dec 16	4:30-5:10pm
\$42.60			
273827	M	Jan 9-Mar 5	4:30-5:10pm
\$63.90			
273828	Th	Jan 5-Mar 8	5:15-5:55pm
273829	F	Jan 6-Mar 9	3:45-4:25pm
273830	F	Jan 6-Mar 9	4:30-5:10pm

## Level 2

### Harry Jerome

268349	Sa	Sep 10-Oct 22	12:00-12:40pm
268351	Tu	Sep 13-Oct 25	4:00-4:45pm
268350	Sa	Oct 29-Dec 10	12:00-12:40pm
268352	Tu	Nov 1-Dec 13	4:00-4:45pm
\$49.70			
268367	Tu	Jan 3-Mar 6	4:00-4:45pm
268368	Sa	Jan 7-Mar 10	12:00-12:40pm

## Ice Sports

270573	Th	Sep 15-Oct 27	5:30-6:10pm
270960	Th	Nov 3-Dec 15	5:30-6:10pm
\$49.70			
273831	Th	Jan 5-Mar 8	5:30-6:10pm

## Magnussen

270574	M	Sep 12-Oct 24	4:30-5:10pm
\$42.60			
270572	Th	Sep 15-Oct 27	5:15-5:55pm
270576	F	Sep 16-Oct 28	3:45-4:25pm
270575	F	Sep 16-Oct 28	4:30-5:10pm
270965	M	Oct 31-Dec 12	4:30-5:10pm
270967	Th	Nov 3-Dec 15	5:15-5:55pm
\$49.70			
270968	F	Nov 4-Dec 16	3:45-4:25pm
270969	F	Nov 4-Dec 16	4:30-5:10pm
\$42.60			
273832	M	Jan 9-Mar 5	4:30-5:10pm
\$63.90			
273833	Th	Jan 5-Mar 8	5:15-5:55pm
273834	F	Jan 6-Mar 9	3:45-4:25pm
273835	F	Jan 6-Mar 9	4:30-5:10pm



## Power Skate

An introduction to power skating class for skaters with intermediate skating abilities (strong forward stride, backwards skating, and stopping). Prerequisite: ICS Schoolage Level 6.

### Level 1-3

#### Ice Sports

273235	Th	Sep 15-Oct 27	4:45-5:25pm
273663	Th	Nov 3-Dec 15	4:45-5:25pm
\$49.70			
273952	Th	Jan 5-Mar 8	4:45-5:25pm
\$71			

#### Magnussen

273236	M	Sep 12-Oct 24	5:30-6:10pm
\$42.60			
273664	M	Oct 31-Dec 12	5:30-6:10pm
\$49.70			
273951	M	Jan 9-Mar 5	5:30-6:10pm
\$63.90			

### Level 4-6

#### Ice Sports

273243	Th	Sep 15-Oct 27	4:45-5:25pm
273672	Th	Nov 3-Dec 15	4:45-5:25pm
\$49.70			
273955	Th	Jan 5-Mar 8	4:45-5:25pm
\$71			

#### Magnussen

273242	M	Sep 12-Oct 24	5:30-6:10pm
\$42.60			
273673	M	Oct 31-Dec 12	5:30-6:10pm
\$49.70			
273954	M	Jan 9-Mar 5	5:30-6:10pm
\$63.90			

### Level 7-9

#### Harry Jerome

268363	Tu	Sep 13-Oct 25	4:45-5:30pm
\$49.70			
268364	Tu	Nov 1-Dec 13	4:45-5:25pm
268374	Tu	Jan 3-Mar 6	4:45-5:30pm
\$71			

#### Ice Sports

273245	Th	Sep 15-Oct 27	4:45-5:25pm
273684	Th	Nov 3-Dec 15	4:45-5:25pm
\$49.70			
273956	Th	Jan 5-Mar 8	4:45-5:25pm
\$71			

### Level 10-12

Designed for the elite or very advanced hockey or ringette. Prerequisite: Power Skate Level 9.

#### Harry Jerome

268361	Tu	Sep 13-Oct 25	4:45-5:30pm
268362	Tu	Nov 1-Dec 13	4:45-5:30pm
\$49.70			
268373	Tu	Jan 3-Mar 6	4:45-5:30pm
\$71			

#### Ice Sports

273239	Th	Sep 15-Oct 27	4:45-5:15pm
273665	Th	Nov 3-Dec 15	4:45-5:15pm
\$49.70			
273953	Th	Jan 5-Mar 8	4:45-5:15pm
\$71			

## School Group Lessons

This skating program is designed for elementary school classes and must be arranged with the facility programmer.

### CMH Skate Sessions

The time is for an open skate reserved for Community Mental Health (CMH) program participants

#### Harry Jerome

267360	M	Sep 19	1:30-2:30pm
267361	M	Oct 3	1:30-2:30pm
267362	M	Nov 7	1:30-2:30pm
267369	M	Dec 5	1:30-2:30pm
267366	M	Jan 9	1:30-2:30pm
267367	M	Feb 6	1:30-2:30pm
267368	M	Mar 5	1:30-2:30pm
\$2			

## adult

### Skate Lessons 16yrs & up

It's never too late to learn to skate for fun, for fitness, or to keep up with your kids! Our experienced instructors will provide you with the basic skills and allow you to work at your own pace.

#### Ice Sports

270641	Su	Sep 11-Oct 23	3:00-3:40pm
270642	W	Sep 14-Oct 26	9:30-10:10am
272806	Su	Oct 30-Dec 11	3:00-3:40pm
272817	W	Nov 2-Dec 14	9:30-10:10am
\$46.20			
273904	Su	Jan 8-Mar 4	3:00-3:40pm
\$59.40			
274343	W	Jan 4-Mar 7	9:30-10:10am
\$66			

#### Harry Jerome

272875	Sa	Sep 10-Oct 22	11:15-11:55am
272876	F	Sep 16-Oct 28	9:30-10:10am
272877	F	Sep 16-Oct 28	1:00-1:40pm
272880	Sa	Oct 29-Dec 10	11:15-11:55am
272878	F	Nov 4-Dec 16	9:30-10:10am
272879	F	Nov 4-Dec 16	1:00-1:40pm
\$46.20			
274411	F	Jan 6-Mar 9	9:30-10:10am
274412	F	Jan 6-Mar 9	1:00-1:40pm
274413	Sa	Jan 7-Mar 10	11:15-11:55am
\$66			

### Power Skate 16yrs & up

Work on speed, strength and endurance. Perfect for hockey or ringette, or for improving your skating skills and getting in shape.

#### Ice Sports

273232	Th	Sep 15-Oct 27	4:45-5:25pm
273660	Th	Nov 3-Dec 15	4:45-5:25pm
\$73.50			
273949	Th	Jan 5-Mar 8	4:45-5:25pm
\$112.50			

#### Magnussen

273234	M	Sep 12-Oct 24	6:15-6:55pm
\$67.50			
273659	M	Oct 31-Dec 5	6:15-6:55pm
\$73.50			
273950	M	Jan 9-Mar 5	6:15-6:55pm
\$101.25			

## Ice Circuit Training 16yrs & up

A mix of cardio, strength and circuit training provides excellent conditioning for overall physical fitness or specific ice sports (including hockey, ringette and figure skating). This program is designed for adults with some skating abilities- from beginner to expert. Participants must be able to skate forwards and stop comfortably.

### Magnussen

273791	Tu	Sep 13-Oct 25	9:30-10:30am
273793	Tu	Nov 1-Dec 13	9:30-10:30am
\$46.20/\$7.50			
273903	Tu	Jan 3-Mar 6	9:30-10:30am
\$59.40/\$7 drop-in			

## hockey

### Hockey Coed Adult

Have you ever considered learning to play hockey but don't know where to begin? Learn the fundamentals of hockey in a non-contact, supportive and fun environment. Includes basic power skating and stick & puck drills, with a short scrimmage at the end of each class. Women and men welcome. Participants should be able to comfortably skate the length of the ice and be able to stop. Full equipment mandatory.

### Level 1

#### Ice Sports

273763	W	Sep 14-Oct 26	8:45-9:45pm
273797	W	Nov 2-Dec 14	8:45-9:45pm
\$105			
273822	W	Jan 4-Mar 7	8:45-9:45pm
\$150			

#### Magnussen

273765	Su	Sep 11-Oct 23	8:15-9:15pm
273806	Su	Oct 30-Dec 11	8:15-9:15pm
\$105			
273824	Su	Jan 8-Mar 4	8:15-9:15pm
\$135			

### Level 2

#### Ice Sports

273764	W	Sep 14-Oct 26	10:00-11:00pm
273798	W	Nov 2-Dec 14	10:00-11:00pm
\$105			

#### Magnussen

273766	Su	Sep 11-Oct 23	9:30-10:30pm
273807	Su	Oct 30-Dec 11	9:30-10:30pm
\$105			

### Level 2&3

#### Ice Sports

273823	W	Jan 4-Mar 7	10:00-11:00pm
\$150			

#### Magnussen

273825	Su	Jan 8-Mar 4	9:30-10:30pm
\$135			

Learn to Skate on the North Shore with the

# VANCOUVER SKATING CLUB

At Ice Sports North Shore, Karen Magnussen Community Recreation and the Agrodome (PNE)

Winner of  
the Skate  
Canada  
President's  
CanSkate  
Challenge  
2008

Join us for our **Fall Registration Open House & Family Skate**  
Saturday September 10th Karen Magnussen Arena 12:00-1:30pm



## CanSkate

CanSkate is Canada's premier **learn to skate** program developed by the experts - **SKATE CANADA.**

This program provides

- National Standards of program delivery
- Professional Coaches
- Talent Identification
- entry into the Jumpstart, Beginner STAR or PrePowerSkate

## CanPower Programs

Pre-PowerSkate and CanPowerSkate were developed by **Skate Canada** and **Hockey Canada** in order to develop skating skills required for hockey and ringette.

This program provides

- National standards
- Individual assessment
- Progressive development of skating skills



## JumpStart Academy

**Competitive Program Ages 4-8**

**Auditions are required**

The Jumpstart Academy is an elite program designed to teach talented young skaters the basic fundamental movements of the sport of figure skating. This program is the starting point for competitive figure skating within the Vancouver Skating Club. Jumpstart Academy provides a fun environment for talented young skaters to learn and achieve. Skaters must be prepared to skate 2x per week and attend all on-ice and off-ice classes.

**For information on the JumpStart Academy please contact Deneen Sokoloski at 604-254-9992 or [d\\_ice@telus.net](mailto:d_ice@telus.net)**

## Beginner - Advanced STAR Group Programs

**Recreational & Test Program Ages 8 years+ Assessment required**

Older skaters (Ages 8 and up) who have achieved sufficient skill level will be invited into the Club's Beginner and Advanced STARSkate Group programs. Skaters will be given the opportunity to be adjudicated by Skate Canada judges when deemed ready by the professional coaching staff.



## Registration info:

604-924-1134  
2411 Mt Seymour Parkway  
North Vancouver

[www.vancouver skatingclub.ca](http://www.vancouver skatingclub.ca)  
[vsc@vancouver skatingclub.ca](mailto:vsc@vancouver skatingclub.ca)

Proud Member of



Please visit our new website for  
class schedules and fees.