

Skating Lessons

SEPTEMBER - DECEMBER, 2018



Learn to Skate the Moody Park Way!

Here's what we offer:

- Enthusiastic, energetic, creative, caring instructors who make the lessons fun and challenging
- Lessons for everyone aged 2 ½ to adult
- Small class sizes
- Toys, Toys and more Toys!!! Children learn through games, imagery and Toys

Helpful Hints to make Skating Lessons Fun!

- Children should wear gloves and a warm sweater or jacket for lessons. Snow pants are very helpful to keep tots warm and dry
- Rental skates are available at Moody Park Arena. If you wish to purchase skates, please feel free to consult with one of our instructional supervisors for advice on what type is best for you.
- Helmets are mandatory for all skating lesson participants. We have some at the arena for you to use, free of charge.

Registration

Skating registration is on-going at the arena or by phone using your Visa or MasterCard or online at www.newwestcity.ca. If you have previously registered for any of our recreation programs, you have an account in our system. If needed, please call the arena to get your user number for online registration. If you are currently enrolled in lessons, you must wait to register on the last day of class to ensure that you register for the appropriate level. For more information please call Moody Park Arena, 604.525.5301.

Fall 2018 Lesson Schedule

Friday	Sept. 21 - Nov. 30 (no class Oct. 5)
Saturday	Sept. 22 - Dec. 1 (no class Oct. 6)
Monday	Sept. 24 - Dec. 3 (no class Oct. 8)
Tuesday	Sept. 25 - Nov. 27
Wednesday	Sept. 26 - Dec. 5 (no class Oct. 31)
Mon & Wed	Sept. 24 - Oct. 24 (no class Oct. 8)
Mon & Wed	Oct. 29 - Nov. 28
Tues & Thurs	Sept. 25 - Oct. 25
Tues & Thurs	Oct. 30 - Nov. 29



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Tots

Parent & Tot

(2½ - 4 years)

(Parent Participation)

These lessons make use of toys and games to ensure all have a good time and are geared for children who must be accompanied by an adult on the ice. The instructor will show the parent basic skating skills to practice with their children throughout the lessons.

Friday September 21 - November 30

6:15, 6:45, 7:15 pm

Saturday September 22 - December 1

9:15, 9:45 am, 12:00 pm

Monday September 24 - December 3

6:45 pm

Tuesday September 25 - November 27

5:45, 6:45 pm

Mon. & Wed. October 29 - November 28

1:30 pm

Registration Fee: \$50.50

Mon. & Wed. September 24 - October 24

1:30 pm

Registration Fee: \$45.00

Preschool

Preschool Snowball - Level 1 (3 - 5 years)

This is the perfect lesson for first time skater who cannot stand or skate on the ice. Ice orientation, balance skills, walking independently and a three foot walk to glide will be taught.

Friday September 21 - November 30

6:15, 6:45, 7:15, 7:45 pm

Saturday September 22 - December 1

9:15, 9:45, 10:15, 11:00, 11:30 am,
12:00 pm

Monday September 24 - December 3

6:45, 7:15, 7:45 pm

Tuesday September 25 - November 27

5:45, 6:15, 6:45, 7:15 pm

Wednesday September 26 - December 5

4:00, 4:30, 5:00, 5:30 pm

Mon. & Wed. October 29 - November 28

12:00, 12:30, 1:00, 1:30 pm

Tues. & Thurs. September 25 - October 25

3:30, 4:00, 4:30, 5:00 pm

Tues. & Thurs. October 30 - November 29

3:30, 4:00, 4:30, 5:00 pm

Registration Fee: \$59.00

Mon. & Wed. September 24 - October 24

12:00, 12:30, 1:00, 1:30 pm

Registration Fee: \$52.50



Preschool Icepuppy - Level 2 (3 - 5 years)

For children who can walk by themselves and do a walk to glide sequence. Lesson goals include: two foot glide, hops and an introduction to the push/glide sequence.

Friday September 21 - November 30

6:15, 6:45, 7:15, 7:45 pm

Saturday September 22 - December 1

9:15, 9:45, 10:15, 11:00, 11:30 am,
12:00 pm

Monday September 24 - December 3

6:45, 7:15, 7:45 pm

Tuesday September 25 - November 27

5:45, 6:15, 6:45, 7:15 pm

Wednesday September 26 - December 5

4:00, 4:30, 5:00, 5:30 pm

Mon. & Wed. October 29 - November 28

12:00, 12:30, 1:30 pm

Tues. & Thurs. September 25 - October 25

3:30, 4:00, 4:30, 5:00 pm

Tues. & Thurs. October 30 - November 29

3:30, 4:00, 4:30, 5:00 pm

Registration Fee: \$59.00

Mon. & Wed. September 24 - October 24

12:00, 12:30, 1:30 pm

Registration Fee: \$52.50

Preschool Snowbunny - Level 3

(3 - 5 years)

The goals of this level are to glide longer distances, walk backwards, and to have an introduction to stopping and sculling.

Friday September 21 - November 30

6:15, 6:45, 7:15, 7:45 pm

Saturday September 22 - December 1

9:15, 9:45, 10:15, 11:00, 11:30 am

Monday September 24 - December 3

7:15, 7:45 pm

Tuesday September 25 - November 27

5:45, 6:15, 6:45, 7:15 pm

Wednesday September 26 - December 5

4:00, 4:30, 5:00, 5:30 pm

Mon. & Wed. October 29 - November 28

1:00 pm

Tues. & Thurs. September 25 - October 25

3:30, 4:00, 4:30, 5:00 pm

Tues. & Thurs. October 30 - November 29

3:30, 4:00, 4:30, 5:00 pm

Registration Fee: \$59.00

Mon. & Wed. September 24 - October 24

1:00 pm

Registration Fee: \$52.50

Preschool Snowflake - Level 4

(3 - 5 years)

Learn how to snowplow stop, glide 10 feet, and be introduced to t-push stance, 11 and 1 o'clock stops.

Friday September 21 - November 30

6:15, 7:45 pm

Saturday September 22 - December 1

10:00 am

Tuesday September 25 - November 27

5:45 pm

Wednesday September 26 - December 5

4:00 pm

Mon. & Wed. October 29 - November 28

12:00 pm

Tues. & Thurs. September 25 - October 25

3:30*, 4:00 pm

Tues. & Thurs. October 30 - November 29

3:30*, 4:00 pm

Registration Fee: \$75.00

* **\$59.00 for ½ hour classes**

Mon. & Wed. September 24 - October 24

12:00 pm

Registration Fee: \$67.00



Preschool Icicle - Level 5 (3 - 5 years)

This level will focus on forward gliding on one foot, backwards skating, backwards gliding, sculling and an introduction to two foot turns.

Friday September 21 - November 30

6:15, 7:45 pm

Saturday September 22 - December 1

11:00 am

Tuesday September 25 - November 27

5:45 pm

Wednesday September 26 - December 5

4:45 pm

Mon. & Wed. October 29 - November 28

12:45 pm

Tues. & Thurs. September 25 - October 25

3:30*, 4:45 pm

Tues. & Thurs. October 30 - November 29

3:30*, 4:45 pm

Registration Fee: \$75.00

* **\$59.00 for ½ hour classes**

Mon. & Wed. September 24 - October 24

12:45 pm

Registration Fee: \$67.00

Hot Shot Tot Hockey 1 (3 - 6 years)

This level of hockey is for the beginner player. Basic hockey skills including hockey stance, moving the puck, shooting at the net are taught in this level. Class prerequisite is the completion of Preschool Snowflake.

Saturday September 22 - December 1
8:30 am, 12:30 pm

Registration Fee: \$75.00

Hot Shot Tot Hockey 2 (3 - 6 years)

Hot Shot 2 skills include backwards hockey stance, stationary and moving pass, wrist shot and an introduction to backhand pass. Class prerequisite is completion of Hot Shot Tot Hockey 1.

Saturday September 22 - December 1
8:30 am, 12:30 pm

Registration Fee: \$75.00



Children

Snowball - Level 1 (6 - 12 years)

For children who have never been on the ice before. Standing, balance drills, gliding and an introduction to stopping will be taught at this level.

Friday September 21 - November 30
6:15, 7:00, 7:45 pm

Saturday September 22 - December 1
9:15, 10:00, 11:00, 11:45 am

Monday September 24 - December 3
6:45, 7:30, 8:15 pm

Tuesday September 25 - November 27
5:45, 6:30, 7:15 pm

Wednesday September 26 - December 5
4:00, 4:45, 5:30 pm

Tues. & Thurs. September 25 - October 25
3:30*, 4:00, 4:45 pm

Tues. & Thurs. October 30 - November 29
3:30*, 4:00, 4:45 pm

Registration Fee: \$75.00

* \$59.00 for ½ hour classes

Snowflake - Level 2 (6 - 12 years)

Lesson goals include stopping, backwards skating, gliding on one foot, t-pushes and an introduction to inside edges.

Friday September 21 - November 30
6:1, 7:00, 7:45 pm

Saturday September 22 - December 1
9:15, 10:00, 11:00, 11:45 am

Monday September 24 - December 3
6:45, 7:30 pm

Tuesday September 25 - November 27
5:45, 6:30, 7:15 pm

Wednesday September 26 - December 5
4:00, 4:45, 5:30 pm

Tues. & Thurs. September 25 - October 25
3:30*, 4:00, 4:45 pm

Tues. & Thurs. October 30 - November 29
3:30*, 4:00, 4:45 pm

Registration Fee: \$75.00

* \$59.00 for ½ hour classes

Icicle - Level 3 (6 - 12 years)

Learn the following skills: Sculling, inside edges, 2 foot turns and an introduction to forwards pumping.

Friday September 21 - November 30
6:15, 7:00, 7:45 pm

Saturday September 22 - December 1
9:15, 10:00, 11:00, 11:45 am

Monday September 24 - December 3
6:45 pm

Tuesday September 25 - November 27
5:45, 6:30, 7:15 pm

Wednesday September 26 - December 5
4:00, 4:45, 5:30 pm

Tues. & Thurs. September 25 - October 25
3:30*, 4:00, 4:45 pm

Tues. & Thurs. October 30 - November 29
3:30*, 4:00, 4:45 pm

Registration Fee: \$75.00

* \$59.00 for ½ hour classes

Iceberg - Level 4 (6 - 12 years)

Forwards pumping, backwards sculling, backwards snowplow stop, and an introduction to thrusting will be taught during these classes.

Friday September 21 - November 30
6:15, 7:45 pm

Saturday September 22 - December 1
9:15, 10:00, 11:00 am

Monday September 24 - December 3
7:30 pm

Tuesday September 25 - November 27
5:45, 6:30, 7:15 pm

Wednesday September 26 - December 5
4:00, 5:30 pm

Tues. & Thurs. September 25 - October 25
3:30*, 4:00, 4:45 pm

Tues. & Thurs. October 30 - November 29
3:30*, 4:00, 4:45 pm

Registration Fee: \$75.00

* \$59.00 for ½ hour classes

Polar Bear - Level 5 (6 - 12 years)

Learn outside edges, backwards glide on one foot, forwards thrusting, forwards crossovers, and an introduction to backwards thrusting.

Friday September 21 - November 30
6:15, 7:00, 7:45 pm

Saturday September 22 - December 1
9:15, 11:00 am

Monday September 24 - December 3
7:30, 8:15 pm

Tuesday September 25 - November 27
5:45, 7:15 pm

Wednesday September 26 - December 5
4:00, 5:30 pm

Tues. & Thurs. September 25 - October 25
3:30*, 4:00, 4:45 pm

Tues. & Thurs. October 30 - November 29
3:30*, 4:00, 4:45 pm

Registration Fee: \$75.00

* \$59.00 for ½ hour classes

Snowman - Level 6 (6 - 12 years)

This level teaches backwards pumping, introduces backwards crossovers, and backward inside and outside edges.

Friday September 21 - November 30
6:15, 7:45 pm

Saturday September 22 - December 1
10:00 am

Monday September 24 - December 3
8:15 pm

Tuesday October 30 - November 29
7:15 pm

Wednesday September 26 - December 5
4:45 pm

Tues. & Thurs. September 25 - October 25
3:30*, 4:45 pm

Tues. & Thurs. October 30 - November 29
3:30*, 4:45 pm

Registration Fee: \$75.00

* \$59.00 for ½ hour classes

Extra Fall Skates:

Pro-D Day Skate	Friday, September 21	12:30 - 2:30 pm
Thanksgiving Day Skate	Monday, October 8	12:30 - 2:30 pm
Pro-D Day Skate	Friday, October 19	12:30 - 2:30 pm
Remembrance Day	Monday, November 12	9:30 - 11:30 am
Pro-D Day Skate	Monday, November 26	9:30 - 11:30 am



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Penguin - Level 7 (6 - 12 years)

3 Turns, Mohawk turns, backwards glide on one foot using outside edge, and backwards inside edges are taught in this level.

Friday September 21 - November 30
7:00, 7:45 pm

Saturday September 22 - December 1
10:00 am

Monday September 24 - December 3
8:15 pm

Tuesday September 25 - November 27
7:15 pm

Wednesday September 26 - December 5
4:45 pm

Tues. & Thurs. September 25 - October 25
3:30*, 4:45 pm

Tues. & Thurs. October 30 - November 29
3:30*, 4:45 pm

Registration Fee: \$75.00

* \$59.00 for ½ hour classes

Moody Park Arena Figure Skating

(6 - 12 years)

For advanced skaters wanting to learn figure skating skills. After a 10-minute group warm up, there is 30-minutes of spins, jumps and skill development. The class will learn a group routine to music and perform it for their parents on the last day. The instructor rotates between the skaters to give individual feedback. Class prerequisite is Iceberg.

Saturday September 22 - December 1
12:30 pm

Registration Fee: \$75.00

Goal Getters 1 (7 - 12 years)

This introductory hockey level teaches, forward and backward hockey stance, aiming the puck, puck handling in a straight line and team play. Class prerequisite is the completion of Icicle skating lessons.

Saturday September 22 - December 1
8:30 am, 12:30 pm

Monday September 24 - December 3
8:15 pm

Registration Fee: \$75.00



Goal Getters 2 (7 - 12 years)

Goal Getters 2 builds on skills taught in Goal Getters 1 and includes pushing the puck, passing to a moving target, wrist shot and shooting while skating. Class prerequisite is Goal Getters 1.

Saturday September 22 - December 1
8:30 am, 12:30 pm

Registration Fee: \$75.00

Adult

Adult - Level I (14+ years)

This level is for adults who have never been on the ice before. Orientation to the ice, balance and gliding skills will be taught.

Saturday September 22 - December 1
11:45 am

Monday September 24 - December 3
8:15 pm

Tuesday September 25 - November 27
6:30 pm

Wednesday September 26 - December 5
5:30 pm

Registration Fee: \$78.00

Tuesday September 25 - October 23
October 30 - November 27
8:15 pm

Registration Fee: \$37.00

Adult - Level II (14+ years)

This level is for adults who are comfortable on the ice but may not have taken lessons before. Stopping, backwards skating, inside and outside edges, and T-pushes will be taught.

Saturday September 22 - December 1
11:45 am

Monday September 24 - December 3
8:15 pm

Tuesday September 25 - November 27
6:30 pm

Wednesday September 26 - December 5
5:30 pm

Registration Fee: \$78.00

Tuesday September 25 - October 23
October 30 - November 27
8:15 pm

Registration Fee: \$37.00

Adult - Level III (14+ years)

This level is for adults who want to learn more difficult skating skills. Backward crossovers, pumping, and an introduction to jumps and skills will be taught.

Saturday September 22 - December 1
11:45 am

Monday September 24 - December 3
8:15 pm

Tuesday September 25 - November 27
6:30 pm

Wednesday September 26 - December 5
5:30 pm

Registration Fee: \$78.00

Tuesday September 25 - October 23
October 30 - November 27
8:15 pm

Registration Fee: \$37.00

MOODY PARK ARENA PUBLIC SKATING SCHEDULE SEPTEMBER 4 - DECEMBER 21, 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
10:00 - 11:15 am				PARENT & TOT SKATE		
11:30 am - 1:00 pm		LOONIE SKATE		LOONIE SKATE		
1:15 - 4:15 pm						PUBLIC SKATE
1:30 - 3:00 pm					PUBLIC SKATE	
6:30 - 8:00 pm			LOONIE SKATE		FAMILY SKATE	
7:00 - 8:30 pm				LOONIE SKATE		
8:00 - 9:30 pm						ADULT SKATE
8:15 - 9:30 pm		ADULT SKATE				

DROP-IN FEE

Child 3 & under Free

Child (4 - 12 years) \$2.00 or 10 for \$16.00

Youth (13 - 17 years) \$2.60 or 10 for \$20.90

Adult (18+ years) \$4.25 or 10 for \$33.60

Senior (65+ years) \$2.10 or 10 for \$16.80

Family Skate \$9.10 (max. 5 people)

SERVICES

Regular Skate Rental \$2.60 or 10 for \$20.83

Loonie Skate Rental \$2.10 or 10 for \$20.83

Lesson Skate Rental \$2.10 or 10 for \$20.83

Skate Sharpening \$4.35 or 10 for \$35.00

Corkers \$1.55

Extra Fall Skates:

Friday, September 21 12:30 - 2:30 pm

Monday, October 8 12:30 - 2:30 pm

Friday, October 19 12:30 - 2:30 pm

Monday, November 12 9:30 - 11:30 am

Monday, November 26 9:30 - 11:30 am

MOODY PARK ARENA

701 Eighth Avenue • New Westminster • 604.525.5301

 NEW WESTMINSTER
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