



HASTINGS
Centre Hastings
 COUNTY
SKATING PROGRAMS

Fall 2024 and Winter 2025

The Municipality of Centre Hasting Skating Programs provide basic to intermediate skating skills development. We offer participants the opportunity to learn the fundamental skating skills to skate as a recreational activity as well as provide instruction on more advanced skills to help any skater improve their overall technical ability necessary to take part in any ice sport.

Fall Session – October 19, 2024 to December 14, 2024

Winter Session – January 11, 2025 to March 8, 2024

All classes held on Saturday

Program	Level	Cost per 9-week Session	Times
Learn to Skate	Youth/Adult, Ages 14+	\$80	9:40-10:10am
Learn to Skate	Caregiver & Tot, Ages 3-5	\$80	9:40-10:10am
Learn to Skate	Preschool, Ages 3-5	\$80	9:40-10:10am
Learn to Skate	Level 1, Ages 6-13	\$90	10:10-10:50am
Learn to Skate	Level 2, Ages 6-13	\$90	10:10-10:50am
Skating Skills	Level 3, Ages 6-13	\$90	9:00-9:40am
Skating Skills	Level 4, Ages 6-13	\$90	9:00-9:40am
Skating Skills	Level 5, Ages 6-13	\$90	9:00-9:40am
Skating Skills	Youth/Adult, Ages 14+	\$90	9:00-9:40am

Fall Registration Dates

Madoc Park – Arts Building

Sunday, September 8th, 4pm-6pm

Sunday, September 29th, 4pm-6pm

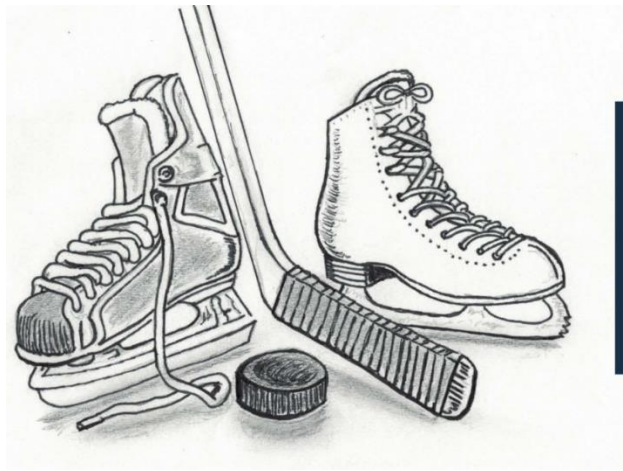
Tuesday, October 8th, 5pm-7pm

Winter Registration Dates

Madoc & District Recreation Centre

Saturday, December 7th, 9am-11am

Saturday, December 14th, 9am-11am



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Learn to Skate Programs

Learn to Skate Youth/Adult – Ages 13+

Develop balance and posture. Introduction to forward skating, gliding, stopping and backward skating. This program is for participants who are new to skating or are unable to skate the width of the ice surface with a glide. Participants should be able to stand and walk on skates with straight ankles off the ice.

Caregiver & Tot Skate – Ages 3-5

Class includes basic skating skills with a warm up, group lesson and games. Learning is focused through the caregiver to ensure comfort, communication, and extra safety. Caregiver must accompany each child enrolled, one caregiver per child over the age of 16 and must have a competent skating ability and be present and engaged on the ice to assist their child for the entire class. All participants (including caregiver) must wear skates while on the ice.

Learn to Skate Preschool – Ages 3-5

Children will receive an orientation to the ice surface and learn the basics of skating through games and songs. Participants should be able to stand and walk on skates with straight ankles off the ice.

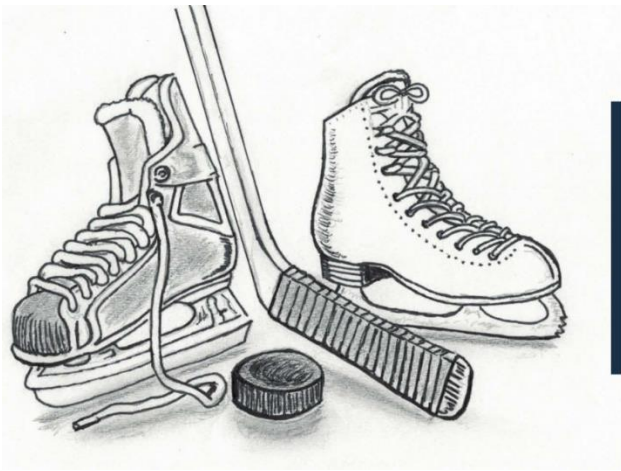
Learn to Skate Level 1 – Ages 6-12

Develop balance and posture. Introduction to forward skating, gliding, stopping and backward skating.

Prerequisite: Level 1 is for participants who are new to skating or are unable to skate the width of the ice surface with a glide. Participants should be able to stand and walk on skates with straight ankles off the ice.

Learn to Skate Level 2 – Ages 6-12

Development of forward gliding, stopping, backward skating. Introduction to one foot glides and backward gliding. **Prerequisite:** Successful completion of Level 1 or participant can demonstrate ability to stop and skate forward (alternate feet with a glide) the length of the ice without falling.



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Skating Skills Programs

Skating Skills Youth/Adult – Ages 13+

Improve your skills with further instruction on more complex skating techniques. This program is for participants who are already able to skate forwards competently, stop and have introduction to backwards skating.

Skating Skills Level 3 – Ages 6-12

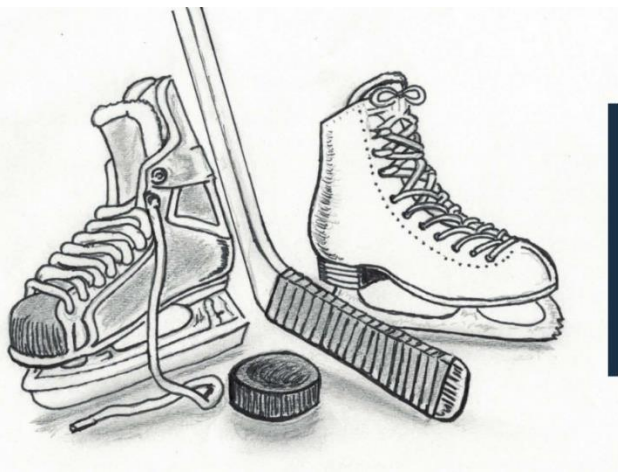
Development of backward stopping, backwards gliding and edges. Introduction to cross-overs, slalom skating, 2 foot turns. **Prerequisite:** Successful completion of Level 2 or participant can demonstrate strong forward skating and stopping skills with the ability to glide forward on one foot (flat edge).

Skating Skills Level 4 – Ages 6-12

Development of cross-overs, backward stopping. Introduction to one-foot turns, backward circle thrusts. **Prerequisite:** Successful completion of Level 3 or participant can demonstrate strong backwards skating, competent forward circle thrusts using correct edges and stopping ability.

Skating Skills Level 5 – Ages 6-12

Development of backward cross-overs, forward edges, skill combinations. Introduction to parallel stopping, backward edges and turns. **Prerequisite:** Successful completion of Level 4 or participant is able to perform forward cross-overs, forward inside edges, 3-turns.



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Additional Program Information

Helmet Policy and Required Equipment

- ✓ All participants must wear a CSA approved hockey helmet with all helmet straps fully functional.
- ✓ It is also mandatory for all participants under the age of 6 to wear a full-face mask.
- ✓ Broken helmets, bike, utility helmets are not acceptable and will not be permitted on the ice.
- ✓ The use of pylons and skating stands/walkers are not allowed.

Skates & Clothing

- ✓ Proper fitting lace-up single blade skates are required.
- ✓ Bob-skates, double bladed skates and speed skates will not be permitted on the ice.
- ✓ The recommendation for purchasing skates is one size smaller than shoe size
- ✓ Participants should be able to stand and walk on skates with straight ankles off the ice.
- ✓ New skates do not come sharpened and will require sharpening prior to the first class.
- ✓ Shoes/Boots are not to be worn on the ice.
- ✓ Wear warm comfortable clothing that is easy to move in. i.e. warm, water-resistant pants, non-bulky jackets and warm gloves. Snow suits are not recommended.
- ✓ Shorts will not be permitted on the ice.

PARENTS/CAREGIVERS MUST REMAIN AT THE FACILITY DURING LESSONS.

Contact

Patti Lynn Davis – *Program Coordinator*

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