

# Skating Lessons



**Register to learn to skate today!**

*Skating: A Canadian Tradition!*

Recreation Services offers a great variety of skating programs suited to all abilities and skill levels. Whether your goal is to learn to skate in order to play hockey or ringette, or simply for the fun of it, our programs will help you reach your goals.

## What is “RecSkate”?

RecSkate is a system of learning that uses progressive training to provide opportunities for youth to succeed more often, thus building confident skaters. We provide comprehensive feedback through the use of progress cards to help accelerate their development.

Private Skate Lessons	Private Skate Lessons	Semi-Private
Private lessons can be arranged to suit your individual needs. Regardless of ability, we can develop lessons to improve your skills. Please call the programmer with enquiries at 250-550-3669.	1/2 hour lesson Youth: \$25      5 pack = \$100 Adult: \$25      5 pack = \$115	1/2 hour lesson Youth: \$35      5 pack = \$150 Adult: \$35      5 pack = \$170  * Two people maximum; additional rate for each extra person

## Outdoor Rink Skating Programs

Program	Description	Dates	Time	Code	Price
<b>RecSkate Boots to Blades</b> 3 to 5yrs <b>Saturday</b>	This very popular program is for kids just starting out on skates. The children will play on the ice with toys and get a great introduction to the skating scene in a fun, non-threatening environment.	Nov 26-Dec 17	2:00-2:30pm	#24997	\$30, Nov 12 \$35
		Nov 26-Dec 17	2:30-3:00pm	#24998	\$30, Nov 12 \$35
		Nov 26-Dec 17	3:00-3:30pm	#24999	\$30, Nov 12 \$35
<b>NHL (Novice Hockey League)</b> 4 to 6yrs <b>Saturday</b>	Formerly Blades & Pucks, in this program players will work on skating, puck handling, passing and shooting through age/skill appropriate drills. The program is a great precursor for kids whose parents are planning to enroll them in minor hockey. No previous hockey experience is required but players must be able to skate and stop well. <b>Pre-requisite</b> Boots to Blades	Nov 26-Dec 17	3:30-4:00pm	#25004	\$30, Nov 12 \$35
<b>RecSkate 1 &amp; 2</b> 5 to 11yrs <b>Monday &amp; Wednesday</b>	Introductory level for beginner and novice skaters. By the end of the lessons, skaters will be able to fall properly and get up unassisted, maintain proper balance, skate across the ice unassisted. Two-foot and one foot glides, how to stop, sculling, and backwards skating will be introduced.	Nov 28-Dec 14	3:15-4:15pm	#24992	\$60, Nov 14 \$65
<b>RecSkate 3 - 5</b> 5 to 11yrs <b>Monday &amp; Wednesday</b>	A progression of intermediate skating skills culminating in our final level, RecSkate 5. By the end of the lessons, skaters will have learned turning, side stopping, transitions, crossovers, backwards sculling, circle thrusts, inside edges, backwards stopping, side hops, mohawks, forward outside edges, backwards 2 foot gliding & crossovers, & t-stops.	Nov 28-Dec 14	4:15-5:15pm	#24996	\$60, Nov 14 \$65
<b>RecSkate Youth &amp; Adult</b> 12+ yrs <b>Saturday</b>	For beginner to intermediate skaters. Learn a variety of skating skills, both basic and challenging, in a relaxed, supervised setting. This is a great way to improve agility, coordination, and balance.	Nov 26-Dec 17	2:30-3:30pm	yth #25002 adult #25003	\$39, Nov 12 \$44

**Mandatory equipment for all skating programs: skates, helmets (bike helmets acceptable), gloves & wind/snow pants.**





## PV Arena Skating Programs

<b>RecSkate Home Schoolers</b> 5+yrs <b>Wednesday</b>	A fun learn to skate option for children during daytime hours. All levels of skaters will be accommodated and taught our popular RecSkate program.	Sep 21-Oct 26 Nov 2-Dec 7	9:45-10:15am 9:45-10:15am	#25007 #25008	\$55, after Sep 7 \$60 \$55, after Oct 19 \$60
<b>Special Needs Hockey</b> 6-15 yrs <b>Saturday</b>	This program is designed for kids with autism, down syndrome & other developmental disabilities. Only minimal skating abilities are required but participants should be steady on their feet. Parent participation is strongly encouraged.	Oct 1-Feb 18 no class: Dec 24, 31	11:00-12:00pm	#25009	\$115, Sep 10 \$125
<b>Adult Intro to Hockey</b> 18+ years <b>Saturday</b>	Designed for players with less than 2 years of experience. The first half of the course will focus on developing skating and stick handling skills, the second half will be utilized as scrimmage time. Full gear is required. This is a co-ed program.	Oct 15-Dec 17	7:45-8:45am	#25254	\$145, Oct 1 \$155



## Civic Arena Skating Programs

<b>RecSkate 1 &amp; 2</b> 5 to 11yrs <b>Mon &amp; Wed</b>	For other program times and for a program description, see page 50.	Sep 19-Oct 17 no class: Oct 10 Oct 24-Nov 16	3:15-4:15pm 3:15-4:15pm	#24993 #24994	\$85, after Sep 5 \$90 \$85, after Oct 10 \$90
<b>Adaptive RecSkate</b> 6-15 yrs <b>Mon &amp; Wed</b>	This program is designed for kids with autism, down syndrome & other developmental disabilities. This is a small group setting with a low ratio of participants to instructors. There's no additional cost for support workers in skates or ice-cleats. Emphasis will be on attaining skills to further enhance independence and active well being.	Sep 19-Oct 17 no class: Oct 10 Oct 24-Nov 16	3:15-4:15pm 3:15-4:15pm	#25010 #25011	\$85, Sep 5 \$90 \$85, Oct 10 \$90
<b>Boots to Blades</b> 3 to 5 yrs <b>Mon &amp; Wed</b>	For other program times and for a program description, see page 50.	Sep 19-Oct 17 Oct 24-Nov 16	3:15-3:45pm 3:15-3:45pm	#25000 #25001	\$55, Sep 5 \$60 \$55, Oct 10 \$60

### Wesbild Centre presents:



## Christmas Toys for Big Girls & Boys

Vernon's first technology, leisure & shopping experience.



Visit [wesbildcentre.ca](http://wesbildcentre.ca) for more information!  
Saturday, November 12 9:00am - 8:00pm  
Sunday, November 13 10:00am - 4:00pm

## Wesbild Arena Skating Programs

<b>Skate &amp; Sport After School Program</b> 5 to 8 yrs <b>Tuesday</b>	This program is designed for the working parent and will include an hour of games/crafts followed by a 45 min structured play skating session.	Sep 13-Dec 13 no ice time Oct 4	3:00-5:00pm	#25012	\$179, Aug 30 \$189
<b>NHL Novice Hockey League</b> 4 to 6 yrs <b>Thursday</b>	for other program times and for a program description, see page 50.  Scrimmages will take place in the last half of this session.	Oct 13-Dec 15 no class Nov 17	4:00-4:45pm	#25005	\$110, Sep 29 \$120
<b>3 on 3 NHL</b> 7 to 12 yrs <b>Thursday</b>	This non-contact league is perfect for those players not ready or able to play minor hockey. Players will get lots of ice time to develop their offensive and defensive skills. Full gear recommended but shin pads, elbow pads, gloves & helmet are mandatory.	Oct 13-Dec 15 no class Nov 17	3:45-4:45pm	#25006	\$150, Sep 29 \$160 includes \$25 refundable jersey deposit

For more information about these programs, please call the programmer, Mike Knights 250-550-3669.



Winter Leisure Guide  
will be delivered  
Sunday, November 27



## Special Skates at the Wesbild Centre

### It's our 10th Anniversary!

Come out & help us celebrate on  
**Mon, Nov 14th 6:00pm-7:30pm**  
 Free Skate, Free Hot Chocolate  
 Take a stroll down memory lane and view our albums and memorabilia of past events.

### ProD Toonie Skate

**Mon Sept 19** 9:00am-11:00am  
**Fri Oct 21** 12:30-2:30pm  
**Thurs Nov 10** 9:00-11:00am  
*\$2 per skater*

### Breakfast & Skate with Santa

**Wed, Dec 21**  
 Come join Santa for a pancake breakfast and a holiday skate!  
 Breakfast with Santa served: 8:45am-10:00am  
 Skate with Santa: 10:00am-11:00am  
 Breakfast & Skate: \$5.00/person

### Spook N Skate

**Sun, Oct 30**  
 6:15-7:45pm  
 Admission: 50% Discount





## Centennial Outdoor Rink (Nov 26 - Dec 20)

SUN	MON	TUES	WED	THURS	FRI	SAT
Public Skate 9:00-11:00am	<i>Skating Outside is Free</i>					Public Skate 8:30-10:00am
Senior Skate 11:30-12:30pm	18+ Shinny 12:00-1:00pm	Parent & Tot Skate 12:00-1:00pm	18+ Shinny 12:00-1:00pm	Senior Skate 12:00-1:00pm	18+ Shinny 12:00-1:00pm	Family Skate 10:30-12:00pm
For Rentals 1:00-2:00pm	<i>Helmets are mandatory for youth shinny times</i>	Public Skate 3:00-5:00pm		Public Skate 3:00-4:30pm	Public Skate 3:00-4:30pm	<i>Helmets are recommended for adult shinny</i>
Public Skate 2:30-4:00pm		9 - 11 Shinny 5:30 - 6:30pm		8 & under Shinny 5:00 - 6:00pm	Parent&Tot Shinny 5:00-6:00pm	
Parent & Tot 4:30-5:30pm	12-14 Shinny 6:30-8:00pm	Public Skate 7:00-8:30pm	Public Skate 6:30-8:00pm	12- 14 Shinny 6:30 - 8:00pm	Public Skate 6:30-8:00pm	Public Skate 5:00-7:00pm
15-17 Shinny 6:00 - 8:00pm	15-17 Shinny 8:30-10:00pm		18+ Shinny 8:30-10:00pm	15-17 Shinny 8:30-10:00pm	15+ Shinny 8:30-10:00pm	15+ - 17 Shinny 7:30-9:30pm
18+ Shinny 8:30-10:00pm	The Centennial Rink can be closed due to weather conditions & holiday schedules. The Priest Valley Arena & Wesbild Centre will have occasional interruptions to public skating. For up to date schedules please call the schedule line at 250-545-4896 or 250-542-5623.					

<b>Wesbild Centre</b> Public Skating Schedule Sep 7 - Dec 20 3445 - 43rd Avenue					<b>Priest Valley Arena</b> Shinny & Figure Skating Sep 6 - Dec 20* 3409 35th Avenue	
SUN	MON	WED	THURS	FRI		
Family Skate 6:15-7:45pm	Public Skate 9:00-10:30am	Public Skate 9:00-10:30am		Public Skate 9:00-10:30am	Drop-In Adult Shinny Mon & Wed: 11:45-1:00pm Friday 1:15-2:30pm	
<i>See all of our Special Skates on the previous page!</i>	Public Skate 1:45-3:00pm	Public Skate 1:45-3:00pm	Drop-In Adult Shinny 1:45-3pm	Public Skate 1:00-2:30pm	Drop-In Shinny 55+ Tues & Thurs: 11:45am-1:00pm	
	Public Skate 6:00-7:30pm	<b>Cancellation Dates:</b> Oct 5, 10 (daytime skates only), 21, 23, Nov 11, 13, 18, Dec 4			Drop-In Figure Skating Mon 1:45-3:00pm <i>*Cancellation:</i> Oct 10, Nov 11	
		<b>Single</b>	<b>10 x</b>		<b>PV Drop In</b>	<b>PV 10x Shinny Pass</b>
		Adults	\$4.75	42.75	4.50	40.50
		Youth 7-18yrs	3.50	31.50	<i>Please note</i> Parent & Tot rate only applies to the daytime skates.	
		Preschool 3-6 yrs	1.50	13.50		
		Family	11.50	103.50		
		Parent & Tot	3.25	Not Available		
		Additional Tot	0.75	Not Available		
		Adult Shinny	\$4.75	42.75		