

## Boots to Blades 3-5yrs

For lil' skaters just learning. Kids will play on the ice with toys and get a great introduction to the skating scene in a fun, non-threatening environment.

Sat  
 Jan 7-Feb 25            2:00-2:30pm            #25382  
                                  2:30-3:00pm            #25384

Centennial Outdoor Rink  
 \$53, after Dec 20 \$58



## Blades to Pucks 3-5yrs

Your child's first intro to hockey. Kids will work on skating, puck handling, passing, and shooting through age/skill appropriate drills. This program is a great precursor for parents looking to enroll their kids in minor hockey.

Sat  
 Jan 7-Feb 25            3:00-3:30pm            #25385

Centennial Outdoor Rink  
 \$53, after Dec 20 \$58



## Skate, Putter & Play 3-6 yrs

A fun filled program that starts with a skating lesson at the Priest Valley Arena, then we go to the Dogwood Gym for activities, games and songs with our Playschool Staff. Children need to bring their own skates and helmet.

Skate: 10:30-11:00am  
 Gym: 11:00am-12:00pm

Tues                        #24862  
 Jan 10-Mar 13        \$85.25 Drop-in \$8/child

Wed                        #24863  
 Jan 4-Mar 14        \$85.25 Drop-in \$8/child  
 no class Feb 22

## Mommy & Me Fit

Mommy & Me Fit allows mom to get in her exercise while incorporating Baby into the workout. Bring along your bundle of joy in a shoulder carrier and you will be sure to get a great workout of squats, lunges as well as band work for the upper body and core. With a relaxed atmosphere, babies can interact with mom and other babies. Come join us for fun, exercise and giggles.



For babies 0-12 months.

Tues & Thurs                        8:45-9:30am  
 Jan 10-Feb 9                        #25452            \$68  
 Feb 14-Mar 15                        #25453            \$68  
 Tues or Thurs only                        \$44  
 Lakers Clubhouse



Practice your skating at one of the many public skate times, see pages 52 and 53 for the schedules.

## FAMILY FUN

**Energy Zone** (parent and child) 7mo-6 yrs  
 Have some extra energy to burn? Enjoy two hours of semi-structured open gym time. Perfect for some week-end family play time. Bring your runners!

Drop in \$6.00/child  
 Sat                                        10:00am-12:00pm            \$48  
 Jan 7-Mar 17                        #24864  
 no class Jan 21, Feb 18 and Feb 25

