

# SKATING PROGRAMS



## Skating Instruction and Conditioning for Hockey 7-11 Years

Commit to a Skating Development Day for your next Pro-D day. We focus on edge control and apply them to your forward stride, crossovers, backward c-cuts and turns. Learn proper technique while gaining power and speed! We will end with a mini hockey game. Full gear required. Goalies please make sure to register in correct course. This is not a learn to skate program.

*Additional semi-private and private lesson time available on all Pro-D Days. Contact Mena for all questions - skatewithmena@telus.net.*

INSTRUCTORS: Mena Westhaver & PowerWest

### BEAR MOUNTAIN ARENA

#### PLAYERS

F	9:00-10:20am	Feb 17	\$25/1	70566
F	9:00-10:20am	Mar 02	\$25/1	70567

#### GOALIES

F	9:00-10:20am	Feb 17	\$25/1	70568
F	9:00-10:20am	Mar 02	\$25/1	70569

## Intro to Hockey - Coed

### 16+ Years

This program is designed for the beginner to intermediate recreational hockey player! This program always ends with a game of HOCKEY splitting the focus of the time in half. Enjoy Canada's favorite pastime in a non-competitive, relaxed, fun environment. Register in the entire program to receive a break in the cost and your NEW hockey jersey and water bottle. Drop-ins will be accepted if space is available. \$20/drop-in.

INSTRUCTORS: Mena Westhaver & PowerWest

#### JDF ARENA

M	8:30-9:50pm	Jan 09-Mar 12	\$196/10	70573
M	8:30-9:50pm	Jan 09	\$20/1	70574
M	8:30-9:50pm	Jan 16	\$20/1	70575
M	8:30-9:50pm	Jan 23	\$20/1	70576
M	8:30-9:50pm	Jan 30	\$20/1	70577
M	8:30-9:50pm	Feb 06	\$20/1	70578
M	8:30-9:50pm	Feb 13	\$20/1	70579
M	8:30-9:50pm	Feb 20	\$20/1	70580
M	8:30-9:50pm	Feb 27	\$20/1	70581
M	8:30-9:50pm	Mar 05	\$20/1	70582
M	8:30-9:50pm	Mar 12	\$20/1	70583

## Mini Hockey

### 4-6 Years

We will combine a skating lesson, a hockey practice and end with a hockey game! Bring your hockey player dressed in full gear and together we will learn all the basics! Jersey and water bottle included.

INSTRUCTORS: Mena Westhaver & PowerWest

#### JDF ARENA

Th	3:00-3:45pm	Jan 12-Mar 29	\$128/12	71913
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## Icebreakers Hockey League

### 7-11 Years

This is a fun first, introductory level hockey league for children who have some experience skating and little to no experience playing organized ice hockey. Our coaches will take players through several skating and hockey skills with opportunities to play two full games in the season. Full gear is mandatory including a full cage helmet.

#### JDF ARENA

Su	11:30-1:00pm	Jan 08-Mar 11	\$81/9	71125
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## Icebreakers Hockey Plus

### 7-11 Years

For registered players of Icebreakers Hockey League who are having so much fun they want more time on the ice, join us for an extra hour of instruction and fun over Spring Break. Full gear mandatory including a full cage helmet.

#### JDF ARENA

M-Th	1:00-2:00pm	Mar 19-22	\$40/5	72485
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## Power Skating Plus

### 6-14 Years

The professional instruction team will emphasize turns, balance, power, speed and edges. Great training for any skater who wishes to improve their skills!

INSTRUCTORS: Dave MacDonald & Corinne King

#### JDF ARENA

M	3:30-4:15pm	Jan 09-Feb 06	\$49/5	70558
M	4:15-5:00pm	Jan 09-Feb 06	\$49/5	70559
M	3:30-4:15pm	Feb 13-Mar 12	\$49/5	70560
M	4:15-5:00pm	Feb 13-Mar 12	\$49/5	70561

#### JDF CURLING RINK

M	3:30-4:15pm	Apr 02-May 07	\$49/5	73490
M	4:15-5:00pm	Apr 02-May 07	\$49/5	73491

# WEST SHORE CLASSIC

ADULT HOCKEY TOURNAMENT

## NOVEMBER 9-11 2012

**Bear Mountain and JDF Arenas** Multiple men's divisions and a women's division, qualified referees and scorekeepers, three game guarantee, live stats and results, player of the game awards, divisional champions and a Saturday night social.

*Exclusive hotel deal for out of town teams (pre-booking required)*

www.westshoreclassic.ca

# SKATING DROP-IN

**SPRING BREAK SCHEDULE** March 19-25, 2012

**STAT HOLIDAYS** Easter, April 6 & 9 *Please check current drop-in schedule online at [www.westshorerecreation.ca](http://www.westshorerecreation.ca)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Adult Skate</b> 10:00 to 11:20 AM			<b>Adult Skate</b> 10:00 to 11:20 AM		
<b>Toonie Skate</b> 10:30 to 11:20 AM		<b>Parent &amp; Tot</b> 10:00 to 11:20 AM	<b>Adult Figure Skating</b> 10:40 to 11:50 AM			
<b>Duffer Hockey</b> 11:30 to 12:50 PM	<b>Adult Figure Skating</b> 11:30 to 12:50 PM	<b>Duffer Hockey</b> 11:30 to 12:50 PM	<b>Toonie Skate</b> 12 to 12:50 PM	<b>Duffer Hockey</b> 12:00 to 1:15 PM <i>at Bear Mtn. Arena</i>		
	<b>Parent &amp; Tot</b> 1:00 to 2:20 PM			<b>Toonie Skate</b> 1:00 to 2:00 PM		<b>Family Skate</b> 1:15 to 2:45 PM
	<b>Parent &amp; Child Sticks &amp; Pucks</b> 2:30 to 3:30 PM <i>Adults and up to 3 kids</i>	<b>Everyone Welcome</b> 2:30 to 3:50 PM			<b>Everyone Welcome</b> 2:15 to 3:45 PM	
		<b>Family Skate</b> 6:15 to 7:20 PM				

Public skating may be cancelled for events. No public skating January 20-22 due to the Pacific Cup Hockey Tournament. Call 478-8384 to confirm schedule.

## DESCRIPTIONS

### EVERYONE WELCOME

Join your friends for a great time out!

### FAMILY SKATE

Bring the family for some fun, enjoy music, on ice games, and toys. Our special family rate covers up to 5 family members for \$12.20

### DUFFER HOCKEY

Full ice recreational game (full gear required). Max 20 players/2 goalies per session play free. Call 478-8384, EXT 2209 to register.

### ADULT AND CHILD, STICKS & PUCKS

Bring your gear! A session for parents to enjoy some ice time with their kids. One drop in fee includes admission for 1 adult and up to 3 kids. Join us for some shinny style hockey, no experience necessary. Special Fee \$9

### ADULT SKATE

A leisurely skate - a great way to stay in shape.

### TOONIE SKATE

Everyone welcome! \$2 admission, skate rentals are just a toonie too!

### PARENT AND TOT

A special skate for parents and children 6 yrs and under. Introduce them to skating. Children in strollers welcome but require a helmet.

### ADULT FIGURE SKATING

Like to stage a comeback in a friendly environment? Freestyle skaters and ice dancers will find our selection of music inspiring.



**NO PUBLIC SKATING**  
January 20-22 due to  
Pacific Cup Hockey Tournament

## Special SKATES

Activities include games, refreshments, prizes and more.

### Valentine's Day

**February 14** 10:30 – 11:20am  
*2 for 1 Admission*

### Pro D-Day

**February 17** 1:00 – 2:00pm  
*Toonie Admission*

### St. Patrick's Day

**March 17** 2:15 – 3:45pm  
*Toonie Admission*

### Pro D-Day Skate

**March 2** 1:00 – 2:00pm  
*Toonie Admission*

## SAFETY

Figure skating and hockey playing are not permitted during public sessions (unless specified). All patrons must wear skates on the ice and helmets are recommended.

## RENTALS

FOR PUBLIC SESSIONS

**Skate Rental** \$3  
**Skate Sharpening** \$5.35

FOR LESSONS

**Lesson Rental** \$1.50  
**10 Lesson Rental** \$15

## INTERAC

We have finally made the upgrade and now you can pay with Interac right at the JdF Arena Skate Shop!