



Hockey Youth Instructional

**Do you want to be a hockey player?
Well it all starts with learning how to skate!**

Learn to Skate / Tots (Pre-Hockey)

Skaters learn the basics that are needed to progress to our Hockey Learn to Skate program. Skaters must pass the first 2 levels of Learn to Skate to be eligible for Hockey Learn to Skate. Helmets are recommended and gloves/mittens required. Skate rental is included in the cost of the class. Classes are on Friday's from 6-7pm and Sunday's from 3:40-4:40pm.

Hockey Learn to Skate

OPTION 1: This class is held on Friday nights from 6-7pm. Skaters are required to wear a HECC Approved Hockey Helmet, hockey skates, and hockey gloves for this class. There are 4 levels of Hockey Learn to Skate where the skaters learn basic skating techniques needed to progress to Learn to Play Hockey. This is skating only class (no sticks/pucks allowed on the ice).

OPTION 2: This class is held on Saturday afternoon from 1:40-2:40pm and is on the same ice as our Learn to Play Hockey Program. Skaters must have **FULL EQUIPMENT** to participate in this program. Skaters will work on basic skating technique needed to progress to the Learn to Play Hockey Program. Skaters will do skating drills with and without hockey sticks.

Learn to Play Hockey

This class is available to skaters who have passed Hockey 2 in our Hockey LTS program. Skaters will learn the basics of stick handling, puck handling, passing, shooting, and game play. Skaters must wear full equipment. Skate rental IS NOT included with this class. Learn to Play Hockey is on Saturday's from 1:40-2:40pm.

**For dates, times, and fees, please
check out our program list flyer**

