

## First Day of Lessons

Arrive 30 minutes before your lesson to allow enough time to get your child's equipment on or to secure rentals. Please meet instructors in the skate lobby. For safety reasons, we ask that a guardian remains in the building during all lessons as staff are unable to leave the ice and assist your child. Please bring any previous skating report cards on the first day of lessons to help place your child in the appropriate lesson level.

## What to Wear

### Warm Clothes

- Long pants, jacket, long socks, gloves, or mittens.
- Knee & elbow pads (optional)



## Helmets

- Available to rent from our skate shops.
- CSA approved hockey, ski, or snowboard helmets are mandatory for all participants.
- Helmets with face shields are highly recommended.

## Skates

- Available to rent from our skate shops.
- Figure skates, hockey, or recreational skates are recommended.
- Skates should provide good ankle support.
- Sharpen skate blades prior to the first day of lessons. New skates do not come sharpened.
- Skate sharpening is available at our skate shops.

*Register and Find*  
lesson dates and times at  
**tol.ca/recregister**



Skating lessons are offered at Township of Langley arenas:

**Aldergrove Credit Union  
Community Centre**

**George Preston  
Recreation Centre**

**tol.ca/skate**

*Develop skills at*  
**Skating Lessons**



**Have fun and learn to skate!**

Build your skating skills with the Township of Langley and open up new opportunities to enjoy a lifetime of fun on the ice.

 **Township of  
Langley**  
Est. 1873



# Skating Lesson Levels

## Parent & Tot (9 months-3 years)

### 1 - Husky Pup

No previous skating experience. Enjoy the ice with your child through activities that focus on an introduction to ice, balancing, marching, falling down, and standing up.

## Preschool (3-5 years)

### 1 - Harp Seal

No previous skating experience. Introduction to standing unassisted, toe touches, and marching steps.

### 2 - Penguin

Stand and balance unassisted. Introduction to side steps, scraping 1-foot, gliding, and 2-footed jumps.

### 3 - Arctic Hare

Focus on forward skating, gliding, scraping 2-feet, and introduction to backward walking.

### 4 - Arctic Fox

Focus on forward skating with speed and control, snow plow stop, and backward skating. Introduction to forward sculling.

### 5 - Snow Leopard

Learn backward skating with speed and control, 1-foot gliding (left and right), sculling consecutively, and introduction to backward gliding.

## 6 - Polar Bear

Build backward skills in stopping, skating in circles, and introduction to pumping and side stopping.

## 7 - Arctic Wolf

Develop skills on inside and outside edges, side stop, forward crossovers, and backward side stop.

## 8 - Snowy Owl

Build skills on inside and outside edges, 2-footed turn-in-motion, backward pumping, and forward crossovers.

## Children (6-12 years)

### Skate Kids 1

No previous skating experience. Introduction to forward and backward walking, falling down safely, turning, 2-footed jumping, side steps, and scraping.

### Skate Kids 2

Focus on 2-footed forward skating, backward skating, and introduction to stopping, v-pushes, forward sculling, and gliding around cones.

### Skate Kids 3

Introduction to forward and backward sculling, pumping, gliding, and snow plowing.

## Skate Kids 4

Focus on backward stopping, pumping, sculling, and 1-foot gliding. Introduction to forward crossovers, inside edges, and turn-in-motion.

## Skate Kids 5

Focus on inside edges, crossovers, stopping, transitioning from forward to backward, and backward gliding.

## Skate Kids 6

Build outside edges, backward crossovers, single-foot parallel stop, figure 8 crossovers, power pushes, and forward Mohawk.

## Which level is right for you?

Register your skater in the appropriate age group at the lesson time that works best for your family. We'll assess their skill on the first day and slot them into the level that's perfect for your child. Progress or report cards from previous skating lessons can help with our assessments.

## ABCs of Physical Literacy

Lessons are based on physical literacy concepts and focus on the **ABCs** (agility, balance, coordination, and speed) and fun!

## Youth (13-16 years) and Adult (16+ years)

### Introduction

No previous skating experience. Introduction to standing up, falling down safely, forward skating, gliding, turning, and side steps.

### Beginner

Focus on forward skating, gliding, pumping, and sculling. Introduction to stopping, 1-foot lift, 2-foot jump, and backward skating.

### Intermediate

Introduction to outside edges, backward gliding, sculling, pumping, forward crossovers, snow plow stop, cross steps, and forward 1-foot glide.

### Advanced

Focus on forward and backward skating with speed and control. Introduction to 2-foot turn in motion, transitions, side stop, backward crossovers, and backward 1-foot glide.

