



**2020 Season**

**Winter Session • January 4—February 29**  
Register online at [www.icesports.com/westdundee](http://www.icesports.com/westdundee)

All fees reflect online registration prices at [www.icesports.com/westdundee](http://www.icesports.com/westdundee)

**LEARN TO SKATE USA**  
(3 to 5 years old with parent)

**HOCKEY LEARN TO SKATE 1**

This class is for those who have never skated or have never had formal lessons. Skaters will learn the very basics of balance, marching, gliding, and other skating concepts that develop confidence on the ice. Helmets are required.

TUE 5:20-6:05 pm FEE: \$162  
SAT 8-8:45 am (No class 2/8) FEE: \$162

**HOCKEY LEARN TO SKATE 2**  
(Prerequisite: HLTS1)

This class continues to teach beginning elements of skating including 1 foot glides, 2 foot jumps, forward swizzles, backwards skating and beginning work on snow-plow stops. Helmets are required.

TUE 5:20-6:05 pm FEE: \$162  
SAT 8-8:45 am (No class 2/8) FEE: \$162

**EQUIPMENT**

Helmet provision is the responsibility of the participant. Helmets are required for ALL classes (Facemask required for PH1, PH2, and AS).

Full equipment is also required with PH1, PH2, and AS.

**Skate Rental**

Skaters may bring in their own skates or use our rental skates. Rental skates are available for \$3.00 each week for a single rental or \$2.00 each with purchase of a 10 rental punch card.

**PRE-HOCKEY 1**  
(Prerequisite: HLTS 2)

Skaters will learn how to skate with full equipment and proper technique of skating with a stick. This program will teach hockey skating techniques like striding, backward swizzles, 1 foot scooter pushes, 2 foot turns, 1 foot hockey stops and other skating agility moves. Full hockey equipment is required and is available for rent.

TUE 6:10-7:00 pm FEE: \$217  
SAT 8:50-9:40 am (No class 2/8) FEE: \$217

**PRE-HOCKEY 2**  
(Prerequisite: PH 1)

For intermediate skaters who wish to improve on skating skills and learn advanced techniques. Building on Pre-Hockey 1 skills, skaters will develop strides, forward cross-overs, 1 foot glides, 2 foot stops, inside edge glides, backwards "C" cuts and increased skating speed. Full hockey equipment is required and is available for rent.

TUE 6:10-7:00 pm FEE: \$217  
SAT 8:50-9:40 am (No class 2/8) FEE: \$217

**LITTLE LEAFS ADVANCED SKILLS**  
(Prerequisite: PH 2)

Designed for the hockey player who wants to further develop the fundamental hockey skills necessary to play on a team for both house and travel hockey. This program will develop and improve skating with the puck, stick handling, passing, shooting, and much more. Players will also learn to skate with their eyes up while skating with the puck.

TUE 6:10-7:00 pm FEE: \$217  
SAT 8:50-9:40 am (No class 2/8) FEE: \$217

**Youth Hockey League**  
1/4 - 3/29

Prereq: Passed Advanced Skills  
(No practice or game 2/2 or 2/8)

**Mites**

Practice: SAT 9:50-10:50 am  
Game Schedule: SUN 4:20-5:20 pm

Fee: \$575

**Squirts**

Practice: SAT 11:00-12:00 pm  
Game Schedule: SUN 5:30-6:40 pm

Fee: \$620

Payment is required at the time of registration. **REFUNDS WILL NOT BE GIVEN AFTER THE START OF THE SESSION.** Class sizes are limited and determined by the date of registration. Wait lists are available for all classes so please check with the rink office to request wait list status. Classes may be combined, added, or cancelled based on enrollment. A skater that misses a regular class will be permitted a makeup of that class within the time frame of the current session.

Canlan Ice Sports follows the guidelines of USA Hockey, a nationally recognized program that takes recreational and serious skaters from beginning to advanced levels. ALL classes are taught by USA Hockey Certified coaches.

Questions? Please contact our Hockey Director Dennis Michalek at [dmichalek@icesports.com](mailto:dmichalek@icesports.com)



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