




Winter Programs Rules and Regulations

 Helmets are **mandatory**
for all participants

 Parents are to remain at
the lake during their
child's skating lesson

 **No Refunds** will be issued
for classes cancelled. (A
make-up class will be
rescheduled)



Contact Us!

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Arbour Lake

Arbour Lake

Residents Association

WINTER PROGRAMS 2025



Programs Offered for the 2025 Season

Parents & Tots (Ages 3-5)
A class devoted to teaching the little ones at Arbour Lake to stand on skates, skate forward and stop, all with the help of mom or dad!
**Parent involvement is mandatory*

PT1: Jan 4th - Feb 1st Saturdays from 10:00am-10:30am	PT2: Jan 4th - Feb 1st Saturdays from 10:45am-11:15am	PT3: Jan 4th - Feb 1st Saturdays from 11:30am-12:00pm
Cost: \$60		

Level 2 (Ages 5+)
Eager to learn more? Now that you're able to stay on your feet, get ready to learn forward and back ward glides. Before you know it you'll be zooming around the ice!

L2A: Jan 4th - Feb 1st Saturdays from 1:30pm - 2:15pm	L2B: Jan 5th - Feb 2nd Sundays from 12:30pm-1:15pm
Cost: \$65	



Beginner Adult (Ages 16+)
Looking for a way to ease back into skating? Then join this beginner class. All the basics will be covered such as forward and backward glides, stops and turns.

BA: Jan 5th - Feb 2nd Sundays from 2:45 pm-3:30 pm or 3:45 pm - 4:30 pm
Cost: \$65



Level 3 (Ages 5+)
For the more advanced skaters who are confident with skating forwards and backwards, get ready to practice speed, edge control and side stops.
**Completion of Level 1 & 2 required or permission of instructor*

L3A: Jan 4th - Feb 1st Saturdays from 2:30pm-3:15pm
Cost: \$65



Level 1 (Ages 5+)
For the first time beginners uneasy on ice, this class is all about balance. Learn to stay on your skates while moving forward, turning and stopping

L1A: Jan 4th - Feb 1st Saturdays from 12:30pm-1:15pm	L1B: Jan 5th - Feb 2nd Sundays from 10:30am-11:15am or 11:30am - 12:15pm
Cost: \$65	

Power Skating
Explode!!! Great for kids in hockey and Ringette! Focus on using power and speed while improving strides, stops and turns.
**Participant's must have basic forward, backward, and stopping capabilities.*

PS: Jan 5th - Feb 2nd Sundays from 1:45pm- 2:30pm
Cost: \$70

Registration
Registration Begins November 1 2024,
At our main office
In person registration only
Cash, Cheque, Debit, Visa, and Mastercard are accepted

Visit our website for more details and a full list of programs www.arbourlake.com

