

PROGRAM INFORMATION

- 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)



SKATING LESSONS



QUESTIONS?

Phone
+403-241-2628

Website
www.arbourlake.com

Mail
Info@arbourlake.com

Address
12 Arbour Lake Drive NW



WINTER PROGRAMS 2026





PARENTS AND TODDLERS

\$65/PERSON

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

Times:

P1 : 10:00 – 10:30

P2 : 10:45 – 11:15

P3 : 11:30 – 12:00



SKATING LESSONS!

**65\$/PERSON.
5 LESSONS, EVERY SATURDAY STARTING
JANUARY 10TH TO FEBRUARY 7TH!**

LEVEL 1

For beginners, this class is all about balance. Learn to stay on your skates while moving, turning and stopping!

AGES 5+

Times:

L1A 12:00 – 12:45

L1B 1:00 – 1:45

L1C 2:00 – 2:45

LEVEL 2

Eager to learn more? Now that you're able to stay on your feet, get ready to learn forward and backward glides!

AGES 5+

Times:

L2A 3:00 – 3:45

L2B 4:00 – 4:45

BEGINNER ADULT

For confident skaters who can skate forwards and backwards, lets practice speed, edge control and side stops!

AGES 16+

Times:

BA1 12:15 – 1:00

BA2 1:15 – 2:00



INTRO TO RINGETTE

\$65/PERSON

AGES 7-12

Discover the exciting sport of ringette! Learn the basics through fun, games and activities. No experience required.

Students must have basic forward, backward and stopping capabilities!

Times:

R1 : 11:00 – 11:45 (ages 7-9)

R2 : 12:00 – 12:45 (ages 10-12)