

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)



Upcoming Winter Events!

ARBOUR LAKE RESIDENTS ASSOCIATION

INVITES YOU TO OUR
CHRISTMAS CRAFT FAIR

**SATURDAY
NOVEMBER 19TH
11AM-4PM**
ARBOUR LAKE RESIDENTS ASSOC. HALL

EMAIL: info@arbourslake.com
OR VISIT OUR OFFICE TO REGISTER
AS A VENDOR!

Kids Christmas Party

**Saturday
December
10**
Arbour Lake Residents Association
12 Arbour Lake Drive
10am - 12pm
or
1pm - 3pm
Photos with Santa!
Crafts
Holiday Treats
Games
AND MUCH MORE!!

**The ALRA presents...
Light the Night**
**DECEMBER 2ND, 2022
6:30-8:30**
Come and enjoy photos with Santa,
horse drawn wagon rides, crafts,
treats, hot chocolate and much more!

**2023
NEW YEAR'S FIREWORKS**

**DECEMBER
31st 6pm-8pm**
Fireworks start
at 7pm!
Join us For...
**FIREWORKS
TREATS
FAMILY FUN**

12 Arbour Lake Drive NW
Lake Card Required

**NEW UNWRAPPED TOYS ARE BEING
ACCEPTED FOR OUR ANNUAL TOY
DRIVE**

Contact Us!

Website: www.arbourslake.com

Phone: (403) 241-2628

Fax: (403) 547- 8770

Email: info@arbourslake.com

12 Arbour Lake Drive NW

Calgary, AB

T3G 4A3



Arbour Lake

Residents Association

WINTER PROGRAMS 2023



Programs Offered for the 2023 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 7th - Feb 4th Saturdays from 10:00am-10:30am	PT2: Jan 7th - Feb 4th Saturdays from 10:45am-11:15am	PT3: Jan 7th - Feb 4th Saturdays from 11:30am-12:00pm
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Cost: \$55



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 7th - Feb 4th
Saturdays from 10:30am-11:15am

L1B: Jan 7th - Feb 4th
Saturdays from 11:30am-12:15pm

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 7th - Feb 4th
Saturdays from 10:30am-11:15am

L2B: Jan 7th - Feb 4th
Saturdays from 12:30pm-1:15pm

Cost: \$60



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 7th - Feb 4th
Saturdays from 11:30am-12:15pm

Cost: \$60

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 7th - Feb 4th
Saturdays 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 7th - Feb 4th
Saturdays from 12:30pm-1:15pm

Cost: \$60



Registration

**Registration Begins October 3rd 2023,
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

