

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
Ice Fishing Derby
SATURDAY, JANUARY 27TH
FISHING STARTS @10:30 AM
Register by Jan 26th at the lake office
\$25 PER FISHER
INCLUDES LUNCH & A PRIZE!



Calgary, are you
ready to take
the plunge?



LAW ENFORCEMENT TORCH RUN
POLAR PLUNGE
FOR SPECIAL OLYMPICS
ALBERTA

Join us at
Arbour Lake
February 24, 2024
Registration 9:30 a.m.
Plunge 10:30 a.m.



To register or donate
Scan the QR Code

Contact Us!

Website: www.arbourlake.com

Phone: (403) 241-2628

Fax: (403) 547- 8770

Email: info@arbourlake.com

12 Arbour Lake Drive NW

Calgary, AB

T3G 4A3



Arbour Lake
Residents Association



WINTER PROGRAMS 2024





Programs Offered for the 2024 Season



Level 2 (Ages 5+)

Eager to learn more? Now that you're able to stay on your feet, get ready to learn forward and backward glides. Before you know it you'll be zooming around the ice!

L2A: Jan 20th - Feb 17th
Saturdays from 1:30pm-2:15pm

L2B: Jan 21st - Feb 18th
Sundays from 12:30pm-1:15pm

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**

L3: Jan 20th - Feb 17th
Saturdays from 2:30pm-3:15pm

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.

BAA: Jan 21st - Feb 18th
Sundays from 2:45pm - 3:30pm

BAB: Jan 21st - Feb 18th
Sundays from 3:45pm - 4:30pm

Cost: \$65



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 20th - Feb 17th
Saturdays from 10:00am-10:30am

PT2: Jan 20th - Feb 17th
Saturdays from 10:45am-11:15am

PT3: Jan 20th - Feb 17th
Saturdays from 11:30am-12:00pm

Cost: \$60



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 20th - Feb 17th
Saturdays from 12:30pm-1:15pm

L1B: Jan 21st - Feb 18th
Sundays from 10:30am-11:15am

L1C: Jan 21st - Feb 18th
Sundays from 11:30am-12:15pm

Cost: \$65



Registration

Registration Begins October 2nd 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