

how you can help your child enjoy skating lessons...

- ensure your child wears warm clothing and proper equipment (see proper skating attire).
- ensure skates fit well and are tied up properly.
- provide your child with positive feedback.
- practice skating outside of lessons – take advantage of our public skate sessions.
- if your child does not pass onto the next level, emphasize the skills that they have improved on.

parent / instructor interview day

Halfway into the lesson set, instructors meet briefly with you to discuss your child's progress. Lessons run for 20 minutes on this day.

report cards

Report cards are issued on the last day of lessons and indicate whether your child has passed their level or has to repeat the same level they are currently enrolled in. The instructor initials whether a skill has been introduced or completed. In order for a participant to pass the level, they must be able to fully complete all skills.

"Intro" indicates that the instructor has introduced the skill and the participant has working knowledge of it but needs to keep practicing in order to complete the skill. Once the level is complete and your child has passed, a skating pin is issued.

report card pick-up

If your child does not attend the last day of lessons, their report card is kept at the facility until May 31. After this time, the report card is shredded and discarded.

improve your skating skills!

learn to ice skate and have some fun at the same time.

skating lesson philosophy

Our philosophy is to teach recreational ice sports in a fun and enjoyable atmosphere. We believe your child's skating experience should be a positive one.

Our instructors are certified in the National Coaching Certificate Program or Recreational Skate Instructor Course and have undergone skate instructor training. Our staff are friendly, positive and enthusiastic and their goal is to create a class setting that makes your child want to come and learn to skate.

Every child develops at a different rate and may not progress through the skating levels as quickly as others. Some levels of our skating lesson program are more difficult to pass than others. **If your child does not pass a level it should not be taken as a failure.** Your child is learning to be a stronger skater and improving their skating skills.

registration

We request that you register for one lesson set at a time. Register using the Internet at: burnaby.ca/webreg

For WebReg you need:

- a family PIN (personal identification number)
- client number
- credit card (VISA, AMEX or MasterCard)

Or you can register at any Burnaby recreation facility. Fees must be paid when you register. We accept cash, cheque, VISA, AMEX, MasterCard or your bank debit card.

re-registration

You may re-register for the next level using WebReg at 12:01am or in person at 9am on the last Wednesday in your lesson set.

skating lesson information




skating lesson locations

Bill Copeland Sports Centre
3676 Kensington Avenue
Phone: 604-297-4521

Kensington Complex
6159 Curtis Street
Phone: 604-297-4535



Follow us:

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We encourage effort, persistence and smiles. We strive to help each child attain their own level of success.

new helmet policy

EFFECTIVE JANUARY 1, 2012 - BIKE HELMETS NOT PERMITTED IN SKATING LESSONS. A CSA hockey helmet or a ice/snow sports helmet is recommended. Helmets are mandatory for all skating lessons. For a limited time, helmet rentals are free of charge from January-April 2012. Receive 15% off towards a helmet purchase from Sport Chek (Metrotown), Larry's Hockey Shop (North Vancouver) and 20% off towards a Bauer 2100 helmet from Scoff's Hockey Shop (North Burnaby) when you show a current registration receipt from the City of Burnaby.

recommended



recommended

proper skating attire

We recommend the following equipment and clothing:

- helmet (CSA approved) (see new helmet policy)
- sharpened skates
- mittens or gloves
- long socks
- pants that repel water
- warm jacket

Clothing should allow for movement and also provide some protection from falls.



skates

It is important that skates fit properly to ensure comfort and to aid in your child's skill development. We recommend the following:

- allow room for toes to wiggle without the toe touching the end of the boot.
- skates should provide good ankle support in the boot.
- skates should fit firmly in the heel—the heel should not be able to move up and down.
- skates should be laced tightly over the instep and done up all the way to the top in order to provide proper ankle support.
- laces should **not** be wrapped around the ankle
- skate rentals (children size 8 to adult size 12) and sharpening are available for an additional fee.

Use your shoe size as a reference when renting skates. We recommend that you arrive 30 minutes before your lesson if you plan to have skates sharpened.

Please ensure that new skates purchased are sharpened prior to lessons. They do not come sharpened.

what to do on the first day of lessons

- arrive at least 15 minutes early.
- purchase skate rental punchcards at the reception desk on or before the first day of lessons.
- present your receipt to the skate shop to receive your skates and helmet (skate shop attendant will need your shoes).
- meet instructors under designated lesson signs located outside arena gates.

warm-up

Please ensure that your child is ready to participate in a group warm-up on the ice. This takes place a few minutes prior to the start time of the lesson and allows for muscles to warm-up and helps to prevent injuries.

parental supervision

Due to safety considerations, we strongly recommend that parents remain in the building for the entire duration of their child's lesson. Parents are asked to watch their children from the lobby or the stands and not stand in the hockey players benches. We appreciate your cooperation in keeping the area in front of the gates clear, allowing skaters to get on and off the ice safely.

skating lesson evaluations

Wondering what level to register your child in? Let us help! Skating lesson evaluations are held at the following locations:

Bill Copeland Sports Centre

3676 Kensington Avenue
First Monday of the month (cancelled on stat holidays)
5:45-6:45pm, for more info call 604-297-4521.

Kensington Complex

6159 Curtis Street
Call 604-297-4530 for an appointment.