



## Arena Drop-In Schedule February 15th - 28th, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ice Dance 8:30am-9:45am	Adult & Senior Skate 8:30am-9:45am	Ice Dance 8:30am-9:45am		Adult & Senior Skate 8:30am-9:45am	Public Skate 9:30am-12:00pm	
Public Skate 10:00am-11:30am	Public Skate 10:00am-11:30am	Public Skate 10:00am-11:30am	Public Skate 10:00am-11:30am	Public Skate 10:00am-11:30am		
Adult Noon Hour Hockey 11:45am-1:15pm	Adult Noon Hour Hockey 11:45am-1:15pm	Adult Skills & Scrimmage 11:45am-1:15pm	Adult Noon Hour Hockey 11:45am-1:15pm	Adult Skills & Scrimmage 11:45am-1:15pm	Kids Only Stick & Puck 12:30pm-1:45pm	
Adult Hockey Game Situations (all levels) 1:45pm-3:30pm						
Adult Hockey Game Situations (all levels) 4:00pm-5:45pm	Kids Only Stick & Puck 4:00pm-5:15pm	Kids Only Stick & Puck 3:45pm-4:45pm			Kids Only Stick & Puck 4:15pm-5:15pm	Open Stick & Puck 2:00pm-3:15pm
		Open Stick & Puck 5:00pm-6:00pm			Open Stick & Puck 5:30pm-6:30pm	Public Skate 3:30pm-5:00pm
		TOONIE (\$2) Public Skate 6:15pm-7:40pm	<b>2010 Winter Celebration Skate</b> Thurs. Feb. 25th 6:00pm-9:00pm			Public Skate 6:45pm-8:15pm

### 2010 Winter Celebration Skate

Join us for a fun-filled evening of skating, music and celebration! Live music provided by musician/singer Kelly Brock (6:00pm-7:00pm and 8:00pm-9:00pm). Sledge hockey demonstration from 7:00pm-8:00pm---see just how remarkable these athletes are and have a chance to try playing hockey on a sledge! What a way to spend an evening! **FREE ADMISSION!** Skate rentals: \$2.25

*...you belong here!*



Public Skate Admission Rates						
PRESCHOOL under 3 years	CHILD 3-12 years	YOUTH 13-18 years	ADULT 19-64 years	SENIOR 65-74 yrs	SUPER SENIOR 75 yrs & older	FAMILY* max of 3 people
<b>SINGLE ADMISSION RATES</b>						
FREE	\$2.80	\$3.30	\$4.70	\$4.00	\$3.75	\$8.40
<b>10 VISIT PUNCH PASS</b>						
	\$25.20	\$29.70	\$42.30	\$36.00	\$33.75	
* <b>Family Rate:</b> The family rate refers to one or two adults of the same household and their children or youth up to 18 years old; maximum combination of 3 people. Each additional child or youth pays the single child rate of \$2.80 or \$3.30 respectively.						

Additional Program Rates		
	Individual	10-visit card
<b>Adult Noon Hour Hockey</b>	\$6.50	\$58.50
<b>Stick and Puck</b>	\$7.00	\$63.00
<b>Skills &amp; Scrimmage / Game Situations</b>	\$15.00	N/A
<b>Skate Rentals</b>	\$2.25	\$20.25
<b>Skate Sharpening</b>	\$7.00	N/A

## Drop-in Program Descriptions

<b>ADULT NOON HOUR HOCKEY</b>
<p><b>Adult Noon Hour Hockey (18yrs +)</b> - Limited to 20 players and 2 goalies. First come, first served.</p> <p><b>PLAYERS:</b> reserve your space by calling 604-925-7250 starting at <b>9:00am</b> on the day you wish to play.</p> <p><b>GOALIES:</b> reserve you space by calling 604-925-7250 on the Wednesday prior to the week you want to play.</p> <p>*<b>Please note:</b> <u>there may not always be two goalies or enough players to form a full game;</u> we apologise in advance for any disappointment that this may cause. However, as it is a drop-in program, there is no way to guarantee this.</p>
<b>STICK &amp; PUCK</b>
<p><b>GENERAL INFORMATION:</b> Stick &amp; Puck sessions are designed to give people the opportunity to go out on the ice at a time when sticks/pucks are permitted (as they are not allowed during Public Skate times), to allow people time to practice stick-handling and shooting on net. The sessions are open to all ability levels, regardless of whether or not you play hockey. However, they are frequented by hockey players who wish to get a little extra ice time in between practices and games. There are no goalies in net during these sessions. For everyone's safety, please listen to the on-ice staff, and keep the front of the net clear. Each session is limited to 26 participants for safety reasons. <u>No drills, scrimmages or any other form of organized practice.</u></p> <p><b>EQUIPMENT:</b> Pucks will be provided, but participants must bring their own hockey sticks. Mandatory equipment includes skates, stick (taped, with plug/knob), hockey gloves and helmet with cage/visor. Full gear is not necessary, but is highly recommended.</p> <p><b>KIDS ONLY SESSIONS:</b> For participants 13 years and younger.</p> <p>*NOTE: Parents who are assisting younger participants are allowed on the ice during this session as well, provided that they reserve a spot for themselves as well! Any adult (18 yrs. &amp; older) on the ice must be accompanying a participant under 12 years of age. <i>Adults are allowed to take light wrist shots, but no hard slap shots, etc. This will be monitored and strictly enforced by the on-ice staff.</i></p> <p><b>OPEN SESSIONS:</b> For participants 14 years and older.</p> <p>If the Kids Only Session fills up for a particular day, we will open up the Open Stick &amp; Puck session for participants who are 12 and 13 years old, provided that they wear FULL EQUIPMENT. As this is a safety rule, no exceptions will be made.</p>
<p><b>STICK &amp; PUCK SIGN-UP PROCEDURES OVER THE WINTER BREAK:</b></p> <p><b>WEEKDAYS:</b> Sign up will be <b>by phone</b>. Please call the Arena office (604-925-7250) starting at <b>9:15am</b>.</p> <p><b>WEEKENDS:</b> Sign up will be <b>in person</b> only when the Arena office opens at <b>12:00pm</b>. No reservations by phone.</p>
<b>SKILLS &amp; SCRIMMAGE</b>
<p><b>GENERAL INFORMATION:</b> Come down and enjoy a great instructor lead program for all ability levels. Brush up on your skating, hockey skills and work on your fitness at the same time! Goalies are not a guarantee during this session. Full equipment recommended.</p>
<b>ADULT HOCKEY GAME SITUATIONS</b>
<p><b>GENERAL INFORMATION:</b> This is a co-ed instructional class for the beginner to intermediate level player. This session will include skill building, on ice strategy/positioning, and coached scrimmages with goalies. Limited to 26 participants. Full equipment.</p>