

ICE SKATING

See page 2 for admission prices

DROP-IN SKATING

with end dates

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Everyone Welcome						7:30-8:45pm ends Mar 23	3-4:30pm ends Aug25
Everyone Welcome \$3		6:30-7:45pm ends Mar 26		Midnight-1:30am ends Mar 28			8:30-10pm ends Mar 24
Stick & Puck					7:30-9:15pm ends Mar 29		
Parent & Child Skate	1-2pm ends April 15						
Family Skate							Noon-2:45pm ends Mar 24
Adult Skate		10-11:30am ends May 28		10-11:30am ends May 30			
Duffer Hockey Lunchtime		11:45am-1:15pm ends May 28		11:45am-1:15pm ends May 30	11:45am-1:15pm ends May 31		
Over 40's Duffer Hockey	8:30-10:15am ends Jun 24		8:30-10:15am ends Jun 26		8:30-10:15am ends Jun 28		
Over 50's Duffer Hockey		8:30-9:45am ends Jun 25		8:30-9:45am ends Jun 27			
Parent & Child Hockey							4:45-5:45pm ends Jun 16
Pacific Cup Tournament	January 18-20, 2019 - some drop-in sessions are cancelled						
Spring Break NHL Camp	During Spring Break, March 18-29, 2019, all morning Public Skates cancelled.						
See Page 2 for drop-in admission prices	Check the website for special events and fun themed skates! recreation.oakbay.ca Extra skates during Christmas break. Pick up a flyer at reception.						

PUBLIC SKATES

Adult Skate - 18 years and over - Come out and skate Tuesday and Thursday mornings.

Everyone Welcome Skate - Skating for all ages! CSA approved helmets are available at no charge.

Everyone Welcome \$3 - What a deal! Only \$3 admission and \$2 skate rentals on Tuesdays, Thursdays and Sundays.

Everyone Welcome - Stick & Puck - Shared ice to drop-in & work on your passing, stick handling or casual skating. For all ages. Players must bring their own stick and wear a helmet and gloves. Sponge pucks only \$2 (deposit required).

Family Skate - A great time for families to have fun! Enjoy a special beginner's corner for preschoolers. Strollers allowed on the ice with permission, please. See the web for special event theme skates.

Parent and Child Hockey - Sponge puck hockey with a special area for beginners. Parents must go on the ice. Children to wear helmets with face masks please. Admission price includes an adult and up to two children and children's rentals. Sponge pucks only \$2 (deposit required).

Parent and Child Skate - Children under 8 years are welcome with their parents/guardians to skate to music and have fun with skating equipment.

PLEASE NOTE: This skate becomes an Everyone Welcome Skate on Pro-D Days and Stat Holidays.

SKATE SHARPENING \$7.25

Ends April 26

Leave your skates with reception to pick-up one week later. Hockey and Recreational sharpening only.

Duffer Hockey

Duffer Hockey Over 40's and 50's

- Drop in co-ed hockey for players 40 & 50 yrs +
- Register online at **6:30pm** the day before you want to play.
- Players MUST check in at Reception by 8:20am to keep their spot

Duffer Lunchtime Hockey

- Drop in co-ed hockey for players 18yrs +
- Register online at **6:45pm** the day before you want to play.
- Players MUST check in at Reception by 11:35am to keep their spot

Steps to register online:

- Step 1:** Ensure your Oak Bay online account and login is set up.
- Step 2:** Login with user ID and password at: oakbayrec.perfectmind.com
- Step 3:** Click the Schedule Button near the top left of the screen.
- Step 4:** Click Duffer Hockey under the Skating menu.
- Step 5:** Select date and type of Duffer and click Reserve. (You are added to the waitlist if session is full)
- Step 6:** Annual Passholders are recognized and will automatically be given the 'no fee' option.
For all others, choose your method of payment. Econo ticket holders are the only participants able to register online and submit payment (econo ticket) at Reception.
- Step 7:** All registrants must check in 10 minutes prior in person with Reception!

Duffer Hockey- Full gear is mandatory.

Visor, neck-guard & shoulder pads are highly recommended.

Goalies play for FREE. Goalies may register up to two weeks in advance online or call in to 250-595-7946.

PLEASE NOTE: Preregistration privileges for Duffer players or goalies will be revoked after two (2) unexplained absences.

YOUTH / ADULT SKATE LESSONS



CSA approved helmets are required and available FREE of charge at the skate shop. Skate rental cards for private and group lessons are available for purchase at reception.

Meet in the arena lobby.

Youth Skate Lessons

YOUTH BEGINNER SKATING LESSONS 12-18 YRS

Beginners will become comfortable on the ice by learning posture and balance, basic stroking, stops, and turning around cones.

May 1-Jun 26 Wed 8-8:45pm \$84/9 37704

YOUTH INTERMEDIATE SKATING LESSONS 12-18 YRS

Skills covered in this class include: improved posture and balance, forward and backwards skating, snow plow and hockey stops, inside edges, and crossovers.

May 1-Jun 26 Wed 8-8:45pm \$84/9 37705

LEARN TO SKATE INSTRUCTORS COURSE 10-18 YRS

Have you ever thought about teaching skating lessons? This 16 hours course will give you the basics you need to teach beginner skaters of all ages. Topics covered include: teaching techniques, lesson planning, learning and feedback and class management. Prerequisite: Skate 6. GREAT TRAINING FOR EMPLOYMENT!

May 1-Jun 26 Wed 8-8:45pm \$84/9 37670

Adult Skate Lessons

ADULT BEGINNER SKATING LESSONS 19 YRS+

Beginners will become comfortable on the ice by learning posture and balance, basic stroking, stops, and turning around cones.

May 1-Jun 26 Wed 8-8:45pm \$84/9 37666

ADULT INTERMEDIATE SKATING LESSONS 19 YRS+

Skills covered in this class include: improved posture and balance, forward and backwards skating, snow plow and hockey stops, inside edges, and crossovers.

May 1-Jun 26 Wed 8-8:45pm \$84/9 37667

PRIVATE SKATING LESSONS

Simple Set

Simply choose a time, then call reception to register

250-595-7946

Private and semi-private instruction is available.

Monday 30 minute lessons:

3:15-3:45pm • 3:45-4:15pm • 4:15-4:45pm
• 4:45-5:15pm • 5:15-5:45pm

January 7 - February 25 (7 lessons)

March 4 - April 29 (8 lessons)

(no classes on Family Day, February 18 or Easter Monday, April 22)

Private 7/\$187 8/\$214 • Semi-Private 7/\$219 8/\$250

Saturday 30 minute lessons:

9-9:30am • 9:30-10am • 10-10:30am

January 12 - March 2 (7 lessons)

March 9 - April 27 (8 lessons)

(no classes on January 19)

Private 7/\$187 8/\$214 • Semi-Private 7/\$219 8/\$250

Simple Set Private Skate Lessons Cancellation Policy:

Pro-rated refunds or credits may be obtained if requested before the second class. Classes cannot be rescheduled. Make up lessons are not provided.

Perfect Fit

You can pick your lesson dates, times and instructor

then call: 250-370-7114

or email: dhall@oakbay.ca

Choose the times most convenient to you:

Saturdays: 9-9:30am or 9:30-10am or 10-10:30am

Mondays: 3:15-3:45pm or 3:45-4:15pm or 4:15-4:45pm

or 4:45-5:15pm or 5:15-5:45pm (Until Apr 29)

Private (one on one)

\$33.50 / 30 min

Semi-Private (for 2 people)

\$39 / 30 min

Perfect Fit Private Skate Lessons Cancellation Policy:

To cancel a private lesson, please call reception at 250-595-7946.

Morning lessons must be cancelled by 6pm the night before

and Afternoon and evening lessons must be cancelled by 9am the day of the lesson, or you will be charged for the lesson.

Please Note: All lessons must be paid in full at the time of booking. Adults add tax.

SKATING

ICE RENTAL RATES • SEPTEMBER 1, 2018 - APRIL 30, 2019 • CALL 250-370-7113 TO BOOK

PRIME TIME ICE

8am to Midnight – \$247/hr + TAX

NON PRIME TIME ICE

Midnight to 8am – \$164/hr + TAX

CALL ABOUT THE SPECIAL SUMMER ICE RENTAL RATES!

PRIVATE SKATING PARTIES

\$331/hr + TAX includes 1 hour ice time, skates, helmets & 1 skate shop attendant.

Add \$49/hr + TAX for an additional ice attendant staff

SCHOOL GROUPS

\$192/hr + TAX 1 skate shop attendant, an hour of ice and skate rentals.

\$49/hr + TAX 1 on ice attendant - up to 50 skaters.

\$98/hr + TAX 2 ice attendants - up to 100 skaters.



VICTORIA MINOR HOCKEY ASSOCIATION

Registration: victoriaminorhockey.ca

Oak Bay Figure Skating Club



For more information

oakbayfsc.ca

250-744-6603

SKATING Lessons

Preschool Lessons 3-6 years

Mondays

3:45-4:15pm
4:30-5pm
5:15-5:45pm

Jan 7-Feb 25 (8 classes)
Mar 4-Apr 29 (9 classes)



Saturdays

9-9:30am
9:45-10:15am

Jan 12-Mar 2 (7 classes)
Mar 9-Apr 27 (8 classes)

30 minute lessons

7/\$45
8/\$51
9/\$58

Parent & Tot

No Prerequisite
2-4 yrs

First time skaters will get comfortable on the ice with an adult, who is comfortable on skates. The adult will be given tools and skills to assist their child in accomplishing the basics of skating. The instructor will circulate class to assist the group. Skills adults will work on with their child are: balancing on two feet, touching toes, marching, falling down and getting up! Participants must wear skates and CSA helmets.

7/\$57
8/\$65
9/\$73

PreSchool 1

No Prerequisite
(Cost higher due to 1:4 ratio)

This class utilizes a 1:4 instructor to participant ratio to ensure that the child builds confidence and has fun on the ice. Participants will be taught basic skating skills including: balancing on two feet, touching toes, walking forwards, marching, and falling down and getting up. Participants must wear skates and CSA helmets.

7/\$45
8/\$51
9/\$58

PreSchool 2

Prerequisite PreSchool 1

This class is for children who can skate independently. Skills include: gliding, two foot jumps, making snow, and walking backwards. Participants must wear skates and CSA helmets. Prerequisite: Preschool 1.

7/\$45
8/\$51
9/\$58

PreSchool 3

Prerequisite PreSchool 2

Children will learn skills in this course including: v-pushes, one foot gliding, two foot jump while gliding, walking backwards with some glide, two foot quarter-turns on the spot, and stopping. Participants must wear skates and CSA approved helmets. Prerequisite: Preschool 2.

7/\$45
8/\$51
9/\$58

PreSchool 4

Prerequisite PreSchool 3

Children will learn skills in this course including: two-foot glides on a curve, walking cross cuts, backward sculling, and backwards stopping. Participants must wear skates and CSA approved helmets. Prerequisite: Preschool 3.



Recreation Oak Bay Helmet Policy for Ice Skating

Anyone participating in skating classes, lessons, and programs must wear a CSA-certified hockey or snowboard helmet.

***Bike helmets are not permitted,
during registered programs.***

You are also encouraged to wear a helmet at public skate times. Recreation Oak Bay has a limited number of helmets free-of-charge to registered program participants.

SKATING Lessons

School Age Lessons 6-14 years

Mondays

3:45-4:30pm	Jan 7-Feb 25 (8 classes)
4:30-5:15pm	Mar 4-Apr 29 (9 classes)
5:15-5:45pm*	

* 5:15-5:45pm- 30 minute lessons only for Skate Level 1: 8/\$65 9/\$73 and Levels 2 & 3: 8/\$51 9/\$58

Saturdays

9-9:45am	Jan 12-Mar 2 (7 classes)
9:45-10:30am	Mar 9-Apr 27 (8 classes)

ATTENTION PARENTS!

Last day of lessons is Parents' Day!

Join your children on the ice for a fun-filled session of games and instruction!

45 min lessons (unless noted as 30 minute lessons*)

Participants must wear skates and CSA approved helmets.

*7/\$57
*8/\$65
*9/\$73

Skate 1

No Prerequisite

This class is 30 minutes

This class is for children that do not have a lot of skating experience. It utilizes a 1:5 Instructor to participant ratio to ensure that your child builds confidence on the ice. Skills covered include: forwards gliding, marching forward, making snow, falling down and getting up, and walking backwards.

7/\$66
8/\$75
9/\$84

Skate 2

Prerequisite Skate 1

This class is for children who can skate independently on the ice. Skills include: forward sculling, one foot forward glides, stopping, walking backwards with some glide, and two foot half turns on the spot.

7/\$66
8/\$75
9/\$84

Skate 3

Prerequisite Skate 2 or Preschool 4

Children will learn skills including: one foot glides on a curve, forwards walking cross cuts, backwards skating and sculling, two foot backwards glide to one foot, and snowplow stop.

7/\$66
8/\$75
9/\$84

Skate 4

Prerequisite Skate 3

Children will learn skills in this course including: two foot stop, forwards crosscuts, turning forwards to backwards and backwards to forwards, and two foot jump in a glide backwards.

7/\$66
8/\$75
9/\$84

Skate 5

Prerequisite Skate 4

Children will learn skills in this course including: Backwards Mohawk turn, two foot stop in both directions, one foot jump gliding forward, fast backwards start and fast forward start from back stop.

7/\$66
8/\$75
9/\$84

Skate 6

Prerequisite Skate 5

Learn to Skate 6 provides an introduction to advanced skating skills, while continuing to focus and enhance acquired skills. This class allows participants the opportunity to request specific skills they would like to focus on during unstructured practice time with instructor supervision.

9/\$84

Jr Leader Skills

Prerequisite Skate 6

See page 71 for information.

First day of lessons !

- 1- Purchase a skate rental card from main reception.
- 2- CSA certified helmet, offered FREE from the skate shop.
- 3- Stand under class sign with skates, gloves and helmets on, to wait for the instructor.
- 4- Confirm your name is on the class registration list posted under your class sign.



5- HAVE FUN !

Greater Victoria **ACTIVE COMMUNITIES**
LEARN to SKATE





Fun Recreational hockey for Boys and Girls!

POND PUPPIES PRESCHOOL HOCKEY

3-5 yrs

Pond Puppies will learn the basic elements of hockey in a fun and encouraging environment. Full equipment is required. This includes: CSA approved helmet with face mask and ear guards, hockey gloves, stick, elbow pads, shin pads, neck guard, athletic support, shoulder pads, hockey pants, hockey socks, and jersey. Prerequisite: Preschool 2.

Jan 7-Feb 25	Mon	3:15-3:45pm	\$51/8	37698
Mar 4-Apr 29	Mon	3:15-3:45pm	\$58/9	37700
Jan 7-Feb 25	Mon	5:15-5:45pm	\$51/8	37699
Mar 4-Apr 29	Mon	5:15-5:45pm	\$58/9	37701

NHL SPRING BREAK ICE HOCKEY CAMP

The co-ed Novice Hockey League Spring Break Camp offers 7.5 hours of on-ice hockey instruction. Skills covered for beginner to intermediate level players are skating, stick handling, passing, shooting and team play. Station centered drills in like-skilled groups are utilized to keep kids moving and engaged at a challenging level. Off-ice activities include fun on the indoor turf playing cooperative games. Goalies in full CSA certified gear are welcome. Players must be able to skate the length of the ice and back with some speed and stop comfortably. Prerequisite: Preschool 3 or Skate 2.

Full gear is mandatory for all participants.

No gear? No problem! Please ask at time of registration about Recreation Oak Bay's FREE hockey gear lend out program.

Oak Bay Recreation Centre

5-8yrs	Mar 18-22	M-F	8:15-11:30am	\$185/5	37675
8-14yrs	Mar 18-22	M-F	8:15-11:30am	\$185/5	37676

CO-ED NOVICE HOCKEY LEAGUE

The co-ed Novice Hockey League program is a fun-focused course that centers on sportsmanship and skill development. Skills include skating, stick handling, passing, shooting, offensive and defensive positioning, and team play. Full gear is mandatory including, neck guard and CSA approved helmet and facemask. Players should be able to skate the length of the ice in equipment. View each team schedule at recreation.oakbay.ca/programs/novice-hockey-league

MIGHTY DUCKS

5-8 yrs

Sep 7-Mar 15	Fri	6:15-7:15pm	\$300/25	30232
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SHARKS

7-9 yrs

Sep 9-Mar 17	Sun	6-7pm	\$312/26	30233
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COYOTES

9-14 yrs

Sep 9-Mar 17	Sun	7:15-8:15pm	\$312/26	30230
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NOVICE HOCKEY LEAGUE GAME DAYS

5-14yrs

Fun focused supervised co-ed pond hockey like scrimmage sessions for kids of all skills and abilities. Staff divide participants in to cross ice games of like-skilled players at the beginning of each session. Kids should be able to skate the length of the ice and stop with full gear on. **Full gear is mandatory.** No gear? No problem! Please ask at time of registration about Recreation Oak Bay's FREE hockey gear lend out program!

Apr 7-28	Sun	1:15-2:45pm	\$48/4	37673
May 5-26	Sun	1:15-2:45pm	\$48/4	37674

POWER SKATING

POWER UNLIMITED POWER SKATING

Dennise Bowles of *Power Unlimited* brings years of experience and expertise to these programs. Dennise has worked with Victoria's best hockey players helping them reach the BCJHL, WHL, NCAA, ECHL, AHL, and NHL. Come out and take your game to the next level. Balance, acceleration, agility, speed, explosive starts, edge control, and game stride are all part of this challenging and rewarding program. *Power Unlimited* offers high quality instruction with a dedication to the improvement of each student. This is not a beginner skating program. Skaters must be comfortable on the ice with skating experience, either with a hockey team or completed Level 4 of the Learn to Skate program. **Full hockey gear required.**

POWER UNLIMITED POWER SKATING

6-8yrs	Jan 9-Mar 13	Wed	6:30-7pm	\$117/10	37453
9-14yrs	Jan 9-Mar 13	Wed	7-7:45pm	\$166/10	37454

POWER UNLIMITED NOVICE/ATOM

7-10yrs	Apr 1-29	Mon	6-6:45pm	\$93/5	37456
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POWER UNLIMITED ATOM REP / PEE WEE / BANTAM

10-14yrs	Apr 4-25 - 5:30-6:30pm	and	May 2-23 - 6:15-7:15pm		
	Thu	5:30-6:30pm		\$210/8	37633

POWER UNLIMITED MIDGET/JUNIOR

16-21yrs	May 6-Jul 22	Mon	6:15-7:45pm	\$360/10	37637
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POWER UNLIMITED ADULTS

18yrs+	Apr 3-May 1	Wed	6:30-7:45pm	\$131/5	37455
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POWER UNLIMITED WOMEN'S POWER SKATING

14yrs+	May 30-Jun 27	Thu	6:15-7:15pm	\$120/5	37638
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new price

SKATING

REQUIRED HOCKEY EQUIPMENT



CO-ED ADULT HOCKEY LESSONS - PLAYER 12 yrs+
 This program is for beginner and intermediate adult hockey players who want to learn new skills or practice old ones. Classes cover basic individual skills and team tactics. **Full gear is mandatory.**

Mar 6-Apr 24 Wed 8-8:45pm \$75/8 37669

CO-ED ADULT HOCKEY LESSONS - GOALIE 12 yrs+
 Adult Hockey Skills 'Goalies' is for women and men goalies looking for shots and a good skate. This class does NOT provide goal tending instruction. You may register for no charge.

Mar 6-Apr 24 Wed 8-8:45pm \$0/8 37668

WOMEN'S HOCKEY SKILLS - PLAYER 12 yrs+
 Beginners to experienced players are welcome to develop their skills in this supportive environment. Skills taught include: skating, stick handling, passing, shooting, and team play. Full gear is mandatory.

Jan 9-Feb 27 Wed 8-8:45pm \$75/8 37703

WOMEN'S HOCKEY SKILLS - GOALIE 12 yrs+
 Adult Hockey Skills 'Goalies' is for goalies looking for shots and a good skate. This class does NOT provide goal tending instruction. You may register for no charge.

Jan 9-Feb 27 Wed 8-8:45pm \$0/8 37702

ADULT HOCKEY LEAGUE

This is a non-contact recreational hockey league featuring officiated hockey games.

Players, 18 years and over, of all ability levels are welcome to join.

Full hockey gear and CSA approved helmets are mandatory

- Team lists and schedules are posted on the league web page three days prior to the start of each season: oakbay.ca/parks-recreation/programs/hockey-league
- Players may register individually, or as a team. (Team registration must be paid in full by one player to hold a team spot for no less and no more than 16 players)
- Goalies must register as an individual and may request to be placed with a team.
- Teams may not sub players on and off their roster once the season has started.

Enjoy the most affordable league in town at just \$15 a game!

All refunds must be requested before the first game of the season is played.

After which, no refunds are provided unless accompanied by an original doctor's note.



Follow the action!

It is the responsibility of all participants to monitor the website league page for all news including: updates, schedules, team lists, and announcements.

oakbay.ca/parks-recreation/programs/hockey-league



SKATING

2019 Winter ADULT HOCKEY LEAGUE

January 2 - April 4

Registration begins December 3

1 game/week Early-bird player: before Dec. 26 - \$195
 13 games + playoffs Early-bird team: before Dec. 26 - \$3120

40614 Player \$215 **40616** Team \$3440

40615 Goalie \$118

Jersey return deadline: April 5 by 6pm

2019 Spring ADULT HOCKEY LEAGUE

April 9 - June 1

Registration begins December 1

2 games/week Early-bird player: before April 5 - \$225
 15 games + playoffs Early-bird team: before April 5 - \$3600

40665 Player \$245 **40666** Team \$3920

40664 Goalie \$123

Jersey return deadline: June 3 by 6pm

2019 Summer ADULT HOCKEY LEAGUE

☆ **New this season: NO WEEKEND GAMES!** ☆

June 24 - August 16

Registration begins April 1

2 games/week Early-bird player: before June 17 - \$225
 15 games + playoffs Early-bird team: before June 17 - \$3600

Player \$245 Team \$3920

Goalie \$123

Jersey return deadline: August 19 by 6pm

2019 OLD TIMER HOCKEY LEAGUE

June 24 - August 16

Registration begins April 1

2 games/week Early-bird player: before June 17 - \$225
 15 games + playoffs Early-bird team: before June 17 - \$3600

Player \$245 Team \$3920

Goalie \$123

Jersey return deadline: August 19 by 6pm