

Registration Information

5 Easy Ways to Register

1. **ONLINE** visit our website at www.insideedgeskating.ca click on the "register now" button on the home page.
2. **EMAIL:** Email Sharon (sharon@insideedgeskating.ca) with your child's information and send an e-transfer for payment.
3. **BY MAIL:** Print off a registration form online and mail to 1001 Franklin Blvd., Cambridge, ON, N1R 8B5
4. **BY PHONE:** Call anytime 519.841.3643
5. **IN PERSON:** Visit us in person at our head office located within the Cambridge Sports Park.

Payment Information:

We accept cash, cheque (payable to Inside Edge), Visa, Master card and e-transfers. All prices include HST. One receipt per participant will be issued. Receipts can be used towards Child's Tax Fitness Credit.

Visit our website for further program details:
www.insideedgeskating.ca

All programs are 11 weeks in length.
All prices include HST.

CSA approved helmets with face mask are mandatory for all programs.



Program Confirmation

A confirmation and receipt will be emailed to you prior to the program start date.

Cancellation Policy

Requests to withdraw from a program will be accepted up until and including the second scheduled class.

Refunds/ Credits

Any cash refunds will be processed if it is in the allotted time. An additional \$25 administrative fee will be added minus the number of classes taken. Credit notes do not have an administrative fee and do not expire.

NSF Cheque

Any payments returned NSF will be charged an additional \$30 fee plus the outstanding balance.

Make-Up Classes

In order to maintain our ratio we do not offer make up classes. You may email Sharon to enquire and we can try our best to accommodate your request.



All Programs and Head Office are located at the
Cambridge Sports Park

Contact Information
sharon@insideedgeskating.ca
519-841-3643



Youth Hockey & Power Skating Programs



www.insideedgeskating.ca

Programs Ages 3-8

Parent & Me Hockey Prep

Ages 3-6 8:1 30 min

Parents, join this program with your child to be apart of their first on-ice hockey experience. This program is designed for children who can stand up unassisted and skate forwards. Participants are required to wear full gear. Adults accompanying the child must have a hockey helmet, skates, gloves and a stick.

Day	Time	Start-end	Cost
Sunday	1:00pm	Jan 6-Mar 24	\$185

Hockey Prep

Ages 4-7 6:1 30 min

An introductory hockey program designed to continue the development of skating while learning the fundamentals of hockey. Full gear is required. Skaters must be able to stand up unassisted in their full gear and be striding forward.

Day	Time	Start-end	Cost
Saturday	11:00, 11:30	Jan 6-Mar 24	\$185
Sunday	1:30pm	Jan 7- Mar 25	\$185
Thursday	4:30pm	Jan 11-Mar 29	\$185

Hockey Skills

Ages 4-8 8:1 50 min

Ideal for children who can skate with confidence. This program offers a combination of skating instruction and hockey skills development. Each class concludes with a fun scrimmage.

Day	Time	Start-end	Cost
Saturday	12:00	Jan 6-Mar 24	\$225
Thursday	5:00	Jan 11- Mar 29	\$225

Sign Up Today!

Programs Ages 7-12

Hockey Plus

Ages 7-12 8:1 50 min

Perfect for the older skater who is looking to start hockey or if they are currently in house league and looking for some extra practice. Focus on both power skating and hockey skills is covered in this full ice hockey program. Full gear is required.

Day	Time	Start-end	Cost
Wednesday	5:15pm	Jan 10-Mar 28	\$225

Power Skating Programs

Ages 7-12 8:1 50 min

Skate Power programs have been designed for skaters in ringette or hockey. With our unique circuit training, focus on balance, power, agility, speed, technique and endurance will be covered during class. Skaters must wear full gear. We have specifically geared this program towards the house league and select level player.

Skate Power 1 & 2

For skaters who have passed Skating Skills 4 or who are currently in ringette or hockey and need more focus on technique. Crossovers, transitions, edges and proper striding are covered.

Day	Time	Start-end	Cost
Saturday	12:00pm	Jan 6- Mar 24	\$230
Thursday	4:00pm	Jan 11-Mar 29	\$230

Skate Power 3 & 4

Skaters will be assessed and a program will be designed based on their individual need. This program is for the more advanced skater.

Day	Time	Start-end	Cost
Saturday	12:00pm	Jan 6-Mar 24	\$230
Wednesday	5:15	Jan 10-Mar 28	\$230
Thursday	4:00pm	Jan 11-Mar 29	\$230

Hockey Equipment List

- * Hockey skates
- * Hockey pants
- * Stick (can be a straight blade)
- * Hockey gloves
- * Jill or jock
- * Neck guard
- * Elbow pads
- * Shin pads
- * Shoulder pads
- * CSA approved helmet with cage
- * Jersey
- * Hockey socks
- * Mouth guard

Other Items To Have

- *Hockey Tape (black, white, clear)
- *Water bottle
- *Long johns (to wear underneath gear)

No class Jan 20, 21 and Mar 14,15



Upcomming Sessions!!

Spring 2018 begins in May

Hockey Camp Coming Soon!

