



SKATING PROGRAM SCHEDULE



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Public Skate		9:00-10:30am			3:00-5:00pm		12:00-1:00pm
55+ Skate		8:00-9:00am		9:00-10:30am			
55+ Shinny				10:30-11:30am			
55+ Stick N'Puck		10:30-11:30am					
Tiny Tots Skate					2:00-3:00pm		

*All times are subject to change due to other activities at the arena. Please call 613-347-2411 ex.36 to verify times.

*Program information is listed on the back of this page

Program Details

Public Skate: All ages are welcome! Great opportunity for the family to enjoy a recreational skate.

55+ Skate: This program is a leisure-skating session for adults aged 55 and older. Children are not allowed on ice at this time.

55+ Stick N' Puck: This pick-up hockey game is offered to older adults. No slap shots, no raising the puck, no specific positions. Players can decide whether or not to have a goaltender. Please bring your own helmet, gloves, skates and hockey stick.

55+ Shinny: This traditional pick-up hockey game is offered to older adults. Please bring your own hockey stick and equipment.

Tiny Tots Skate: This program is available to pre-school aged children and their caregivers. This program provides young children (accompanied by an adult) the opportunity to skate in a quiet environment without distractions.

For more information about our skating programs and/or schedule, please contact the Recreation Department at 613-347-2411.

