



BUNNIES



Junior Program **Mid October to March**

\$225.00 (after June 30th \$250.00)

Saturday 4:30 to 5:20 pm at Osgoode Arena

First time skaters, those with just a couple of public skates, or some outdoor rink experience are welcome. It is not at all surprising to see a group, who are not quite sure how to maneuver on skates, or some who have difficulty getting off their knees, in the first session. If you want your 4, 5, 6, or even 7 year old to learn to skate and have fun, this is the sport. We welcome all girls and boys.

We start with beating the fear of the ice by getting beyond the worst thing that can happen to us on skates, “falling down”. We teach getting up and body positioning for balance as well as fun games like SIMON SAYS. Over the course of the program we cover the basics of skating, striding, stopping, and turning (crossovers to hairpin turns). Basic skating drills, relays, games of RED LIGHT GREEN LIGHT, WHAT TIME IS IT MR. WOLF, keep the children interested and practicing what is taught in the lessons.

Parents are welcome on the ice for the first couple of lessons, however helmets are mandatory. You know your children best, some kids will do better with you on the sidelines, and others might like to have you there for the start. On the ice you are not here to pick them up or hold them up, simply giving “emotional support” and “enthusiasm” are all that’s required and kids learn best by example.

January brings some stick handling, passing and receiving with ringette sticks and the use of rings. Fundamentals of stick handling, grip positioning, stance, and skating with the ring and not leaning on it for support are emphasized. As well stick checking and shooting may be introduced.

Senior Program Mid October to March

\$225.00 (after June 30th \$250.00)

Saturday 4:30 to 5:20 pm at Osgoode Arena

Emphasis in the senior program is placed on strengthening and reviewing skating skills, fine tuning technique and developing some endurance. We will be using ringette sticks and rings from the start of the year and concentrating on game skill in preparation for next year. Passing, receiving, checking, shooting, some basic positioning, and developing knowledge of the rules and theory of game play will all be covered. Through drills, scrimmage games, relay races and some obstacle course challenges, the children will develop and improve from week to week. Following Christmas break we incorporate some game play with some “fun games” with other associations.