

Public skate

An opportunity for everyone to enjoy skating.

- A helmet is required for participants 17 years and under (a CSA-approved hockey helmet is recommended).
- A helmet is recommended for participants 18 years and over (a CSA-approved hockey helmet is recommended).
- Skates or ice cleats/grippers are required while on the ice.
- Long pants and long sleeves are recommended while on the ice.
- Children under the age of eight must be accompanied on ice by a person 14 years and older.
- **Chairs, strollers and other devices are not permitted on the ice.**
- **Sticks and pucks/rings, tag or other games are not permitted.**
- Maximum 22 players, plus two goalies.

Sticks, pucks

An opportunity for hockey and ringette players to work on their stickhandling and shooting skills.

- A CSA-approved hockey helmet and full hockey equipment is required for participants 17 years and under.
- Skates, gloves, long pants, long sleeves, and a CSA-approved hockey helmet is required for participants 18 years and older. Full hockey equipment is recommended.
- Children under the age of eight must be accompanied on the ice by a person 14 years and older.
- Chairs, strollers and other devices are **not** permitted on the ice.
- No slap shots, **organized games**, or shooter tutors.
- Goalies are welcome to attend. Hockey nets will not have the posts inserted.
- Maximum 40 skaters.

Ages: 5-12 (Youth)

Ages: 13-17 (Teen)