



# DROP-IN ICE SCHEDULE OCTOBER 2015

				THU   1	FRI   2	SAT   3
				12:00pm-1:00pm DIH 1:15pm-3:15pm PS 2:15pm-3:45pm S&P	6:00am-7:00am SS 9:30am-11:00am S&P 12:00pm-1:00pm DIH 12:30pm-1:30pm FS 8:00pm-9:45pm PS	
SUN   4	MON   5	TUE   6	WED   7	THU   8	FRI   9	SAT   10
	10:30am-11:45am S&P 12:00pm-1:00pm DIH 1:15pm-3:15pm PS	12:00pm-1:00pm DIH 1:15pm-2:45pm PS	11:30am-1:00pm PS 12:30pm-1:30pm FS	12:00pm-1:00pm DIH 1:15pm-3:15pm PS 2:15pm-3:45pm S&P	6:00am-7:00am SS 9:30am-11:00am S&P 12:00pm-1:00pm DIH 12:30pm-1:30pm FS 8:00pm-9:45pm PS	
SUN   11	MON   12	TUE   13	WED   14	THU   15	FRI   16	SAT   17
	10:30am-11:45am S&P 12:00pm-1:00pm DIH 1:15pm-3:15pm PS	12:00pm-1:00pm DIH 1:15pm-2:45pm PS	11:30am-1:00pm PS 12:30pm-1:30pm FS	12:00pm-1:00pm DIH 1:15pm-3:15pm PS 2:15pm-3:45pm S&P	6:00am-7:00am SS 9:30am-11:00am S&P 12:00pm-1:00pm DIH 12:30pm-1:30pm FS 8:00pm-9:45pm PS	
SUN   18	MON   19	TUE   20	WED   21	THU   22	FRI   23	SAT   24
	10:30am-11:45am S&P 12:00pm-1:00pm DIH 1:15pm-3:15pm PS	12:00pm-1:00pm DIH 1:15pm-2:45pm PS	11:30am-1:00pm PS 12:30pm-1:30pm FS	12:00pm-1:00pm DIH 1:15pm-3:15pm PS 2:15pm-3:45pm S&P	6:00am-7:00am SS	
SUN   25	MON   26	TUE   27	WED   28	THU   29	FRI   30	SAT   31
	10:30am-11:45am S&P 12:00pm-1:00pm DIH 1:15pm-3:15pm PS	12:00pm-1:00pm DIH 1:15pm-2:45pm PS	11:30am-1:00pm PS 12:30pm-1:30pm FS	12:00pm-1:00pm DIH 1:15pm-3:15pm PS 2:15pm-3:45pm S&P	6:00am-7:00am SS 9:30am-11:00am S&P 12:00pm-1:00pm DIH 12:30pm-1:30pm FS  8:00pm-9:45pm Halloween Theme Skate	

Schedule subject to change - please visit [richmondoval.ca](http://richmondoval.ca) for updates

**LEGEND**

DIH | Adult Drop-In Hockey (18+)

S&P | Stick & Puck (13+)

FS | Drop-In Figure Skating

SS | Drop-In Speed Skating

PS | Public Skating

## DROP-IN ICE PROGRAMS

### SIGN IN PROCEDURES

To reserve your spot in a session, please sign-up by phone or in person after 8 am the day of the session.

### PUBLIC SKATING

Everyone welcome, skate and helmet rentals are available.

### ADULT DROP-IN HOCKEY | 18 YRS+

Free for members and goalies. Spaces limited to the first 26 skaters and 2 goalies to sign up that day. Full hockey gear is required.

### STICK & PUCK | 13 YRS+

Spaces limited to the first 26 participants. All participants must be over 13 years of age. No games allowed. Hockey helmet and gloves are required.

### DROP-IN SPEED SKATING (SHORT TRACK)

A drop-in speed skating session, speed skates and helmets are required.

### DROP-IN FIGURE SKATING

All skaters must be current or former Skate Canada members. Regular helmet policy applies. No hockey or speed skates permitted.

### DROP-IN RATES

Adult (26-64)	\$16.50
Young Adult (19-25)	\$11.50
Senior (65+)	\$11.50
Youth (13-18)	\$9.25
Late Night	\$7.00
Child (6-12)	\$5.00 – <b>Must Be Accompanied By An Adult</b>
Corporate (11am-2pm)	\$5.00
Members	FREE

Skate Rentals	\$3.00
Helmet Rentals	\$2.25
Skate Sharpening	\$7.00

\*\*Rentals and Skate Sharpening only available during Public Skate times\*\*

### SKATE SHOP LOCATION

You can find us at the South East end of the South Rink next to room 2010!

### HELMET POLICY

CSA approved multi-impact hockey helmets are **mandatory** for all children 12 years of age and under. Bike, skateboard, speed skate, ski and snowboard helmets not permitted.

### ICE RENTAL RATES

The ice rinks are available for private rentals. Ice rentals, contact 778.296.1403

a wide range of registered skating programs and camps for children and adults. Fall 2013 registration is now open! Pick up our Sport & Fitness Guide or visit [richmondoval.ca/register](http://richmondoval.ca/register) for details.

### LEARN TO SKATE

This progressive program is taught by experienced and enthusiastic skating instructors and focuses on the development of fundamental skating skills. This program is suitable for participants interested in recreational skating but also prepares skaters for ice sports. Participants will be grouped according to skill level on the first day of lessons and will receive a progress report card at the end of the program.

### PRIVATE SKATING LESSONS

Join our experienced Oval skating and hockey instructors for private, one-on-one skating lessons or small group training sessions. Lesson times are based on availability. Please email [communitysport@richmondoval.ca](mailto:communitysport@richmondoval.ca) for details and availability.

### POWER SKATING

Discover your potential and elevate your game with Power Skating at the Richmond Oval. Using innovative techniques developed by coaches at the Oval, each player's individual stride will be assessed and broken down to increase power, efficiency, explosiveness and edge control. Please note: All athletes should have a solid skating foundation. Full hockey gear is required.

### LEARN TO SPEED SKATE

Do you have the need for speed? Learn the basic of speed skating as part of our short track legacy program at the Richmond Olympic Oval. For beginners or novice speed skaters, skate where Canadian Olympic Athletes made history! Speed skates and helmets are provided, gloves and knee pads highly recommended.

## RATES AND INFO

## SKATING PROGRAMS

From power skating and hockey skill development to private and group skating lessons, the Richmond Olympic Oval is excited to offer