

# BASIC CLASSES

## TOT CLASSES

AGES 4 & 5

### Monday

4:15-4:45 PM Section A1  
4:45-5:15 PM Section B1

### Tuesday

1:00-1:30 PM Section C1  
4:45-5:15 PM Section E1  
5:15-5:45 PM Section D1

### Thursday

4:00-4:30 PM Section G1  
4:30-5:00 PM Section H1

### Friday

1:00-1:30 PM Section I1  
4:30-5:00 PM Section K1  
5:00-5:30 PM Section L1

**NO RENTAL SKATES AVAILABLE**

**CLASS # 10101**

**Class Fee \$93**

Tots are introduced to skating beginning with the Snow Plow Sam Program and progress into basic badges when ready. Early afternoon tot classes are followed by a 30-minute practice session.

\*Adults who are Hayden members may skate with their child on this practice session.

**Practice cards are issued for all late afternoon classes.**

**Helmets are strongly recommended for all skaters. No double runner skates.**

## ICE SKATING FACILITY

### Session Dates

**SESSION 1** September 11th to October 27th

**SESSION 2** October 30th to December 15th

**SESSION 3** December 18th to February 9th

**SESSION 4** February 12th to March 30th

**SESSION 5** April 2nd to May 11th

## BASIC BADGES 1-6 CLASSES

**CLASS # 10102**

**Class Fee \$93**

GRADES K-12

### Monday

4:15-4:45 PM Section A2  
4:45-5:15 PM Section B2

### Tuesday

4:45-5:15 PM Section C2  
5:15-5:45 PM Section D2

### Thursday

4:00-4:30 PM Section E2  
4:30-5:00 PM Section F2

### Friday

4:30-5:00 PM Section H2  
5:00-5:30 PM Section I2

The six levels of the program introduce the fundamental moves – forward skating, backward skating, stops, crossovers and turns. Upon completion of the Basic 1–6 levels, skaters will have the basic knowledge of the sport enabling them to advance to the more specialized areas of skating – Hockey, Free Skating, Dance, Pairs and Synchronized team.

**Practice cards are issued for these classes.**

**NO RENTAL SKATES AVAILABLE**

**Helmets are strongly recommended for all beginners. All Skaters are urged to wear helmets. No double runner skates.**

## ADULT CLASSES

**CLASS # 10106**

**Class Fee \$93**

### Tuesday

1:30-2:00 PM Section A2

### Friday

1:30-2:00 PM Section B2

### Sunday

6:45-7:15 PM Section C

Small group instruction in the basics of skating utilizing the Adult Basic Badge program 1-4. Classes are followed by a 30-minute practice session.  
**No practice card**

**NO RENTAL SKATES AVAILABLE**

**Helmets are strongly recommended for all beginners. All Skaters are urged to wear helmets. No double runner skates.**

# HAYDEN HOCKEY CLINICS

**6-WEEK SESSIONS (Sessions 1-4 only)– Fee: \$84  
PRACTICE CARDS ISSUED TO HAYDEN MEMBERS ONLY.**

**NO RENTAL SKATES AVAILABLE**

The Hayden Hockey Clinic is not a 'learn to skate' program. This is for skaters who have already had some skating experience and who are now interested in learning the fundamentals of ice hockey.

Session 1: September 10-October 14

Session 2: October 21-November 25

Session 3: December 2-January 20

Session 4: January 27-March 3

### HOCKEY CLINIC I

**Class # 10107**

**Class Section A**

Saturday 8:00-8:45 AM Age 4 –up

Purpose: Introduction to skating techniques, stick handling, passing and shooting. Prerequisites: None

### HOCKEY CLINIC II

**Class # 10107**

**Class Section B**

Saturday 8:45-9:30 AM Age 6 –up

Purpose: total skills development, skating fundamentals, proper skating posture, balance and skating stride, edges, turns, starts, stops, proper puck control, stick handling, passing and shooting.

**Prerequisites: Must have passed minimum of Basic 3.**

### Equipment Requirements

- Certified Hockey Helmet w/full mask (NO bike helmets) with mouth guards
- Hockey stick
- Hockey gloves
- Elbow gloves
- Shin pads
- Hockey pants
- Shoulder Pads

# BEYOND BASIC CLASSES

## ADVANCED FREE SKATE BADGES

Pre Free-6

*Skaters must have passed Basic*

CLASS #10103

Class Fee \$100

Monday	5:15 – 5:45 pm	Section A3
Tuesday	5:45 – 6:15 pm	Section B3
Thursday	5:00 – 5:30 pm	Section D3
Friday	5:30 - 6:00 pm	Section E3

Designed to teach all basic spin positions, single jumps and introduce moves in the field and transitions.

**Practice cards are issued for these classes.**

## CHILDREN'S ICE DANCE BADGES 1-5

*Skaters must have passed Basic 6*

CLASS # 10104

Class Fee \$106

Friday	6:00-7:00 pm	Section A
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Designed to introduce skaters to the components of ice dancing and reviews the basic edges and turns while skating to music. Dance class is 45 minutes with 15-minute practice.

**No practice card issued.**

## SUPER SKILLS FOR THE ADVANCED SKATER

CLASS # 10109

Class Fee \$98

Tuesday	6:15 – 7:00 pm	Section A	Skaters must be in Freestyle 1
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Focus: power and edge control. Designed to work on the critical elements needed to be successful in both freestyle skating/competition and synchronized team skating.

**No practice card issued.**

## INTRO TO SYNCHRONIZED TEAM SKATING

*MUST BE LEXINGTON RESIDENT*

*September 11th - December 18th*

CLASS # 10110

Class Fee \$178

Monday	5:45 – 6:30 pm	Section A
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This class introduces skaters to synchronized skating and will familiarize them with elementary holds, formations and transitions. Uses USFSA team badge 1-6 program Skaters must have passed Pre-Free.

**No practice card issued.**

## ICE DANCE CLASSES – ALL AGES

CLASS # 10108

Member Class fee \$93

Non-member class Fee \$117

Sunday	6:45-7:15 pm	Section A	Beginners dance class thru Bronze level
Sunday	7:15-7:45 pm	Section B	Pre-Silver thru Gold level
Sunday	7:45-8:00 pm		Dance practice session

**No practice card issued.**