

# Youth Learn to Play Hockey

Skatetown's Youth Learn to Play Hockey Program is based on the USA Hockey Initiation Program, which is designed to teach basic hockey skills while having fun. The USA Hockey curriculum was designed to be taught over two years, whereas our four classes are taught in 52 weeks. Sessions are often repeated in order to master the skills needed to play in organized leagues. Attending stick time sessions, taking private lessons and attending public skating sessions will help improve skills.



Basic skating skills are required for hockey classes. If you cannot skate across the ice without assistance, we recommend enrolling in a Pre-Alpha class through our Learn to Skate program. This class will help skaters become more confident on skates before introducing a hockey stick and puck. Visit [LearnToSkate.skatetown.biz](http://LearnToSkate.skatetown.biz) for info.

## Learn to play hockey 13-week Hockey 1 class; 60 minutes

Friday, May 22 – Aug 21, 2026

**Hockey 1:** 5:00-6:00pm, rink #2

No class on July 3

- ✓ One 60-minute class each week (13 classes) - **\$235**, fee is payable upon registration.
- ✓ **Classes include** 1) free Skatetown hockey jersey <new hockey 1 students only> and 2) 10% off any hockey skate costing \$50 or more.
- ✓ **Late enrollments** are allowed with Hockey Director approval; fees will be pro-rated. Payment plans are not allowed on pro-rated sign-ups.
- ✓ **Missed classes** – Due to progressing curriculum, make-up classes are not offered. Private lessons are the best way to catch up if you miss a class.

## Class descriptions & format

**Learn to Play Hockey classes** are for *ages 6\* and up* and focuses on improving skating skills, but also teaches the basic skills of stick handling, shooting and passing. (\*under age 6 must have Hockey Director's approval)

Hockey 1 is the first 13-week class in a 4-class series (Hockey 1-4). After mastering the skills taught in each of these classes, skaters are ready to join a hockey league. *High school aged players* have the option of joining our 23-week Adult Learn to Play Hockey class and rostering on a High School league team when ready.

For detailed class descriptions, visit [www.skatetown.biz/hockey/Learn-to-play/Youth](http://www.skatetown.biz/hockey/Learn-to-play/Youth) and scroll down to the Quick Links section.

**Class format:** The first ten minutes is warm-up, followed by structured drills and games designed to reinforce skills being taught. All classes will be conducted in a cross-ice format using 1/4<sup>th</sup> or 1/3<sup>rd</sup> of the ice. Classes of less than 5 students may be cancelled or combined with another class.

## Equipment requirements and loaner hockey gear

**Equipment requirements:** Full equipment including neck guard, shin pads, hockey pants, shoulder pads, elbow pads, helmet and gloves are required for Hockey 1\*, 2, 3 and 4 classes. Skates and sticks are available. \*25% discount for gear purchases for Hockey 1 participants

## Locker Rooms

All players are required to arrive at the rink wearing their hockey base layers or shorts and t-shirts or equivalent (in good condition-no holes or tears in clothing) under their street clothes. Parents are welcomed to assist their child in the locker room. Refer to the locker room policy sign outside the locker rooms for more information.

**Skatetown Ice Arena**, 1009 Orlando Avenue, Roseville, CA 95661

[www.skatetown.biz](http://www.skatetown.biz) | 916-783-8550

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## Youth Leagues

When you are ready, you can sign up for one of our in-house hockey leagues that play games on Sundays and practice during the week. You don't have to wait for the beginning of a new season; join the league any time you are ready (you must have sufficient skills to play in organized games). For more information, pick up a Youth In-House Hockey League flyer or visit [www.skatetown.biz/Hockey/Leagues/Youth-League](http://www.skatetown.biz/Hockey/Leagues/Youth-League)

## Hockey 4 students - ask about our Practice-Only Red Shirt Program!

This program allows players to attend league practices, but not participate in the games. During practices, players will gain a better understanding of hockey fundamentals, improve skills and get to know the coaches and league players. Once the coaches and player feel that they are ready to play in the games, they will be placed on a roster after the pro-rated fees are paid. This is a great option for players transitioning from the Learn to Play Hockey Program into organized leagues. The price is half of the normal league fees. Players must get Hockey Director approval and fees will be pro-rated through the end of the season. Email the Hockey Director at [hockey@skatetown.biz](mailto:hockey@skatetown.biz) if you want to sign up for the Red Shirt Program. **Check website for youth league start dates.**

## Stick times – work on your skills or just have fun!

Stick times are open to all ages. Non-marking pucks are provided. Pucks are to be placed in puck bag at end of function and are not to be taken from the rink. Full equipment is required, including a HECC approved helmet. No organized play or slapshots are allowed. See stick time rules on our website for more details. Go to [www.skatetown.biz](http://www.skatetown.biz) for current schedules. \$16.50 – 60 minutes, (price depends on length), maximum number of players on a stick time = 45.

## Private lessons

Lessons are taught by our staff instructors during stick times for full-gear lessons and on public sessions for skating lessons. You may contact an instructor directly or complete a Private Lesson Request Form (online or in person) and an instructor will be assigned to you. Admission and skate rental fees are not included in the coaches' fee. \$38-\$50 for 30 minutes – coaches' fees vary

## Online class registration available at [YouthHockey.Skatetown.biz](http://YouthHockey.Skatetown.biz)

Scroll to the bottom of the page and click "Register Online." Click "Book Online Here." Youth class codes begin with LTPH. For your convenience, application forms are also available on our website.

**Programs and prices subject to change**

**For more information, please contact our Hockey Director at 916.783.8550 ext. 114  
or email [hockey@skatetown.biz](mailto:hockey@skatetown.biz)**

### *Hockey, the 'cool' sport!*

Great way to exercise & make new friends  
Learn teamwork and sportsmanship  
Build self-confidence and character  
Learn a sport you can play all your life!



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