



# Camp Yowochas

## Activity Guide

# Skating

Skating has been around for thousands of years and has become very sophisticated over time. Originally, skates were made of flattened bone that were strapped to the bottoms of your feet. Participants will have the opportunity to skate on Lake Wabamun on our very own ice rink. With the use of our skating rink lights, groups can choose to go for a skate in the evenings.

### Program Specifics

- ◆ Groups up to 40
- ◆ Well suited for all ages
- ◆ Participants are required to provide their own skates and helmets
- ◆ Available December - April depending on the depth of ice
- ◆ Lights are available for evening skating sessions
- ◆ Can be combined with Broom ball for a great challenge



### Safety Considerations

The ice rink may only be used if the depth of the ice is 8 inches or more. A trained Camp Yowochas staff member will check the ice before the participants are allowed to begin programming. All participants are required to have a helmet on at all times while on the ice surface. Please see the Broom Ball guide for more information about Broom Ball.