



We're more than just ice.

2700 Brighton Henrietta Town Line Rd | Rochester, NY 14623

585.424.4625

[billgraysiceplex.com](http://billgraysiceplex.com)



We're more than just ice.

# PROGRAM GUIDE

FALL 2015/WINTER



ICEPLEX STORY:

We're more than just ice... in more ways than one.

We ARE Rochester's home for family fun entertainment and activities revolving around active lifestyles. We're not an ice rink, but rather an entertainment venue that happens to have frozen water in it. Whether you are here to just learn how to ice skate, to play hockey, to roller skate, to dance the night away or to experience the greatest birthday party ever, we have something for everyone.

We are one of North America's top ice hockey tournament destinations, hosting multiple national and international events each year. That large number of tournament visitors, in addition to our large local customer base equate to over 1.5 million visitors coming through our doors each year (the highest foot traffic in all of Monroe County!). Our impact and community enhancement is much farther reaching than the town we reside in.

Whether you are new to the Iceplex family or a regular to our establishment, in this program guide you will find a wide array of programs and activities designed to not only keep you active, but to also entertain you.

Have any questions on our programs or events, our staff is here to assist in any way possible, so don't hesitate to reach out to any of our staff members for more information.

Our mission is to provide you a world class experience and best service possible. Each and every member of the Iceplex team is here to not only accomplish that goal, but to far exceed it. On behalf of our entire team, welcome to the Iceplex family. Have fun!

**Chris Woodworth**  
General Manager



THE ICEPLEX ADULT HOCKEY LEAGUE

ROCHESTER'S LARGEST ADULT HOCKEY LEAGUE

The IAHL offers organized league play for adult recreational players of all skill levels. The league operates three playing seasons during the calendar year (Fall, Winter and Summer), offering registration for full teams as well as free agent players looking to join a team. The IAHL also hosts numerous special events throughout the year (tournaments, shin hockey events, etc), as well as an adult skill development series that takes place on Monday evenings. For full information on the IAHL and the Fall and Winter seasons, visit [www.theiahl.com](http://www.theiahl.com) or download the league app (Apple and Android).

LEAGUE DIRECTOR:

Tyler Fess | [tyler@billgraysiceplex.com](mailto:tyler@billgraysiceplex.com)



2015 FALL SEASON:

11 game season plus playoffs

REGISTRATION FEE: \$245.00/Player

DIVISIONS:

MONDAY (9/14 TO 12/14): **DRAFT LEAGUE (NEW!)**  
TUESDAY (9/15 TO 12/15): **NOVICE DIVISION**  
WEDNESDAY (9/16 TO 12/16): **D- DIVISION**  
THURSDAY (9/17 TO 12/17): **C DIVISION**  
SUNDAY (9/20 TO 2/20): **D+ DIVISION & D DIVISION**

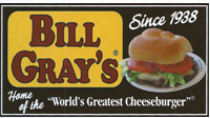
2016 WINTER SEASON:

12 game season plus playoffs

REGISTRATION FEE: \$270.00/Player

DIVISIONS:

MONDAY (1/11 TO 4/25): **DRAFT LEAGUE**  
TUESDAY (1/12 TO 4/26): **NOVICE DIVISION**  
WEDNESDAY (1/13 TO 4/27): **D- DIVISION**  
THURSDAY (1/14 TO 4/28): **C DIVISION**  
SUNDAY (1/10 TO 5/1): **D+ DIVISION & D DIVISION**



ADULT PLAYER DEVELOPMENT

[visit the IAHL calendars tab to view full schedule]

A DROP-IN STYLE ADULT PLAYER DEVELOPMENT SERIES OFFERED ON WEEK NIGHTS.

**ADULT PRACTICES:** Drop in format and run by the Iceplex hockey staff. These sessions are designed for players looking to work on their playing skills and game strategy. On ice drills are utilized in both the individual and team format, as well as organized scrimmage to develop team skills.

**DROP IN FEE: \$10.00**

**PUNCH CARD: \$90.00** for ten classes

**POWER SKATING:** These sessions are for players looking to improve their skating abilities. Our professionally trained coach will run all players through a series of power skating drills focused on perfecting the stride, becoming more comfortable on edges and maximizing efficiency. These sessions take place on Monday evenings.

**DROP IN FEE: \$10.00**

**PUNCH CARD: \$90.00** for ten classes



NEVER EVER LEAGUE

The Never Ever League is for the adult who has never ever played hockey before. It combines off ice instruction with on ice skills sessions (80%), and instructional game time (20%). The program is coed, non-checking, for people over 18 years of age and is set in an insanely positive, judgment free atmosphere. No ice skating or hockey experience is required in order to participate.

- COST:** **\$250** Registration Fee *(Special goalie pricing available. Contact us for more information)*
- \$329.99** Head to Toe equipment packages are available to all participants, and are provided by Locker Room Sports.
- \$100.00** Rental Kits are available also (limited quantity). Registration fee and rental fee must be paid in advance of program start date to secure rental kit. *(includes: skates, helmet w/cage, pants, shin guards, elbow pads, shoulder pads, gloves, stick and a bag)*

- MONDAY EVENINGS:** 8:00 pm to 9:00 pm
- SESSION #1:** 9/14 -11/23
- SESSION #2:** 12/7 - 2/22
- SESSION #3:** 3/7 - 5/16

NEVER EVER LEAGUE 2

This program is an extension of the Never Ever League and is designed to bridge players who have completed Never Ever to organized league play. It has a heavier emphasis on instructional game time (80%) with on ice skill development (20%) used to fine tune playing skills. On ice sessions will utilize multiple scrimmages with on ice officials, which provide our coaching staff an opportunity to "teach from the bench" in real time. Players that complete this program will have full confidence to join our recreational adult league knowing that they are ready for friendly competition.

- COST:** **\$200.00**/session. Program meets once/week for 8 total ice sessions.
- FRIDAY EVENINGS:** 7:00 pm to 8:00 pm
- SESSION #1:** 9/18 - 11/20 (no class 10/2 & 11/6)
- SESSION #2:** 12/11 - 2/19 (no class 12/25, 1/1 & 1/29)
- SESSION #3:** 3/11 - 5/13 (no class 3/25 & 5/6)

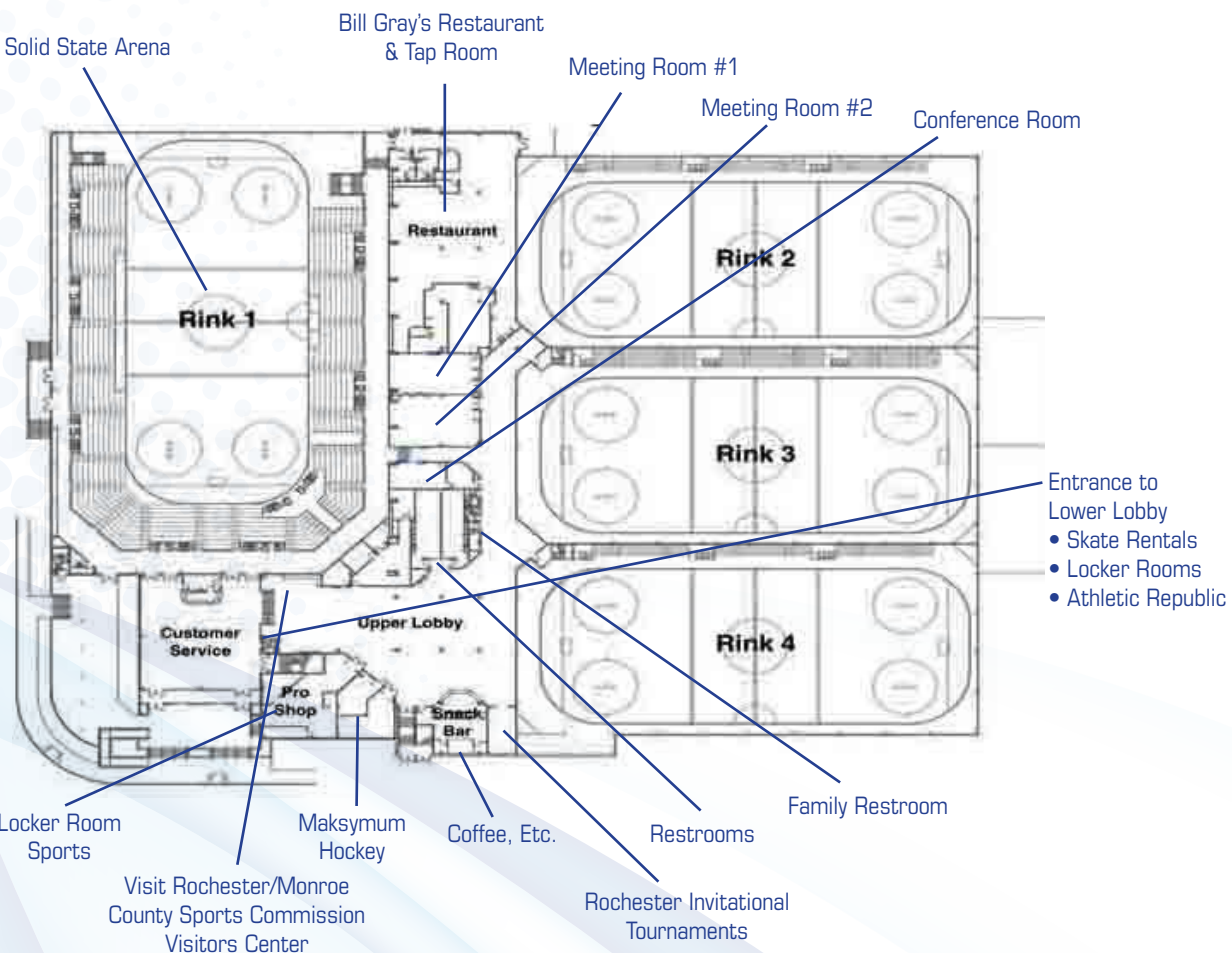
“The World’s greatest learn to play hockey program for adults”

– The Hockey Gods



“Many thanks to the Iceplex for making the Never Ever experience so informative and so much fun. Although I played rec. league hockey over 30 years ago, I did so without ever having even a basic lesson in skating technique or hockey skills and tactics. As a result, whenever I played I was never sure whether what I was trying to do on the ice was correct or incorrect. I signed up for the Never Ever Program hoping to get some answers. What I got exceeded my hopes and expectations. Now for the first time in my hockey life – and I’m 68 years old – I have the confidence that what I’m trying to do on the ice is what I should be trying to do. Whatever hockey I have left in me is going to be more fun than ever. Thanks for giving that to me.”

– Jim. A (Never Ever Grad)



ICE SPORTS PROGRESSION ROAD MAP  
LEARN TO SKATE PROGRAM

Our Learn to Skate Program is the starting point where participants learn the fundamental skills to move onto other programs.





## LEARN TO SKATE PROGRAMS

There's no doubt about it, zooming around on the ice is a fantastic way to embrace winter and get some exercise at the same time. It is a lifelong activity that provides many positive benefits, so why not learn how to skate?

The Iceplex offers multiple programs for people with a desire to master the skill of ice skating. We have developed a world class program that provides all participants a positive atmosphere to achieve their goals, whether they are to simply learn to ice skate for fun, or to become a hockey player or figure skater.

Our instructional staff are trained professionals with a passion for ice sports. Their infectious attitude will give beginners a needed comfort level to succeed, while keeping each class fun and rewarding. The fundamental objectives of all of our learn to skate programs are;

- To provide a fun and safe skating experience for the beginner as well as the more advanced skater
- To teach correct technique of the simple basic elements
- To promote health and physical fitness
- To enable all participants to achieve the skills necessary to either skate for fun the rest of their lives or to move into our Learn to Play Hockey program or Figure Skating program.



### SKATING 101

This is the entry level program for anyone looking to play ice hockey, figure skate or simply master the skills of ice skating for fun. It is designed for the beginner of all ages and run by our professionally trained ice hockey and figure skating instructional staff. Rental skates are provided at no cost (if needed) and each class is broken up by age and skill levels, creating a safe and enjoyable skating experience for all participants.

**CLASS FORMAT:** 25 minute group lesson followed by 25 minutes of practice time.

**COST:** \$110.00/8 Week Session.  
*Select One Day Per Session.*

**DAYS:** MONDAYS: 6:00 pm to 6:50 pm  
TUESDAYS (SESSION #3 ONLY): 6:00 pm to 6:50 pm  
WEDNESDAYS: 6:00 pm to 6:50 pm  
SATURDAYS: 9:00 am - 9:50 am & 10:00 am to 10:50 am

**SESSION #1:** Mondays: 9/14 - 11/2 | Wednesdays: 9/16 - 11/4  
Saturdays: 9/12 - 10/31

**SESSION #2:** Mondays: 11/9 - 12/28 | Wednesdays: 11/11 - 12/30  
Saturdays: 11/7 - 1/2/16

**SESSION #3:** Mondays: 1/4 - 2/22 | Tuesdays: 1/5 - 2/23  
Wednesdays: 1/6 - 2/24 | Saturdays: 1/9 - 2/27

### TOTS

Tots is a Learn to Skate Program designed specifically for children 3 to 5 years of age and offered during the week. A great way to keep young children active during the week, especially in the winter months. Learning through fun and games, tots are taught the proper way to fall and get up, skate forward and backward, glide and stop; preparing them for more advanced skating skills. Guardians are encouraged to participate and complimentary rental skates are available for them and all program participants.

**COST:** \$100.00/8 Week Session.

**DAY:** TUESDAYS 1:00 pm to 2:00 pm

**SESSION #1:** 9/9 - 10/28 | 9/15 - 11/3

**SESSION #2:** 11/4 - 12/23 | 11/10 - 12/29

**SESSION #3:** 1/6 - 2/24 | 1/5 - 2/23

### OPEN FREESTYLE

*(DROP-IN FIGURE SKATING LESSON ICE)*

We offer multiple open freestyle ice sessions every week, all year round. Open to all figure skaters and coaches, these sessions provide an opportunity to practice skating skills at numerous times each week. Visit the Calendars tab on our website to view our full schedule. Private instruction is available upon request – contact us for more details.

**WALK IN RATE:** \$12.00

**PUNCH CARD** (10 Skates): \$90.00

### SKATE AND SHOOT

Skate and shoot sessions are an opportunity for hockey players of all ages to get on the ice to work on their skills or just to have some fun. Typical sessions consist of individual free time, followed by a pickup game of those at the session. We offer multiple skate and shoot sessions each week for all age and skill levels – Adult Recreational, Adult Competitive, Youth, Mite/Squirt Only and Morning Jolt (weekday morning adult sessions).

Visit the Calendars tab on our website to view our full skate and shoot calendar.

**ADMISSION:** \$7.00/Skater (Goalies are FREE)

**PUNCH CARD** (10 skates): \$60.00



### BROOMBALL

*THE COOLEST GAME YOU'VE NEVER HEARD OF!*

The Iceplex Broomball League is Rochester's coolest adult recreational league, jam packed with fun. Broomball is a cross between ice hockey and soccer, is played on ice (with shoes) and requires no experience. Players use a broom shaped stick, and instead of a hockey puck, it uses a large ball. We offer coed/rec divisions and competitive divisions, so there is something for everyone.

**LEAGUE DIRECTOR:**

Brendon Bleier | brendon@billgraysiceplex.com

**2015 FALL SEASON**

**COST:** \$65.00/Player

MONDAY EVENINGS

- Oct 12 – Dec 28
- 10 games plus playoff
- Jersey included
- Free pizza for every team after each game

#### TRY BROOMBALL FOR FREE!

Grab your friends and come out to give broomball a try. Equipment is available and no experience is required!

- SEPTEMBER 14<sup>TH</sup>: 9:00 pm
- SEPTEMBER 21<sup>ST</sup>: 9:00 pm



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**BILL GRAY'S REGIONAL ICEPLEX**

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BIRTHDAY PARTIES

The Iceplex is Rochester's number one birthday party destination for children and adults! Offering multiple, value packed birthday party packages, you simply cannot find a better valued party out there. Our staff works hard to assure each party is hassle free for the organizers, and that each guest has fun from start to finish.

Let our party specialists handle the next birthday for you or your loved one and you'll find out why we are more than just ice!



SKATING PACKAGES

PACKAGE #1: \$140.00

- 10 skating guests (includes rental skates)
- 1 sheet pizza
- 2 pitchers of soda
- Abbott's kiddie custard for each skating guest
- 2 hours of skating at public skating session
- 2 hours use of a dedicated party area
- 1 free skating pass for each guest for future visit
- Fun tattoo for each guest
- Abbott's T-shirt for birthday child
- \$7 per additional skating guest

PACKAGE #2: \$375.00

- 20 skating guests (includes rental skates)
- 1 sheet pizza
- 4 pitchers of soda
- Abbott's kiddie custard for each skating guest
- 50 minute skate on private ice
- 1 hour in a private party room
- 1 free skating pass for each guest for future visit
- Fun tattoo for each skating guest
- Abbott's T-shirt for birthday child
- \$7 per additional skating guest

PACKAGE #3: \$450.00

- Up to 50 skating guests (includes rental skates)
- 2 sheet pizza
- 4 pitchers of soda
- Abbott's kiddie custard for each skating guest
- 50 minute skate on private ice
- 1 hour in a private party room
- 2 free skating passes
- Fun tattoo for each skating guest
- Abbott's T-shirt for birthday child
- \$5 per additional guest over 50

ADULT

PARTY PACKAGE:

Off Peak Hour: \$250.00  
Peak Hours: \$350.00

- Up to 30 guests
- 50 minutes of private ice
- 1 sheet pizza
- 4 pitchers of beer and/or soda
- 2 hours use of designated party area

HOCKEY

PARTY PACKAGE: \$425.00

- 1 sheet pizza
- 4 pitchers of soda
- 30 skater max
- 50 minutes of private ice time
- 1 hour in private party room
- Includes nets and referees

**"Loved it there!**  
My daughter's party was a complete success! We will definitely come back!"  
—Tiffany T.

**"Our birthday party host was exceptional!**  
The kids had a wonderful time and the value for what we received with the party was exceptional!"  
— Amy W.

**"Our daughter had a wonderful party. The hostess and skating instructors were awesome!"**  
— Lauren R.



MANY CUSTOM PARTY OPTIONS ARE AVAILABLE:

DJ's, clowns, themed parties and more! Contact our party specialists for more information or to book an amazing party.

INTRO TO ICE (Homeschool Children Program)

The Intro to Ice program is a learn to skate class designed specifically for home schooled children by our professional coaching staff. This program can fulfill required physical education credits in a fun and positive environment.

Intro to Ice runs every Wednesday with instruction from 1:00 pm to 1:30 pm followed by free skate practice time.

No need to sign up! We understand that schedules can get busy, so the program runs on a drop in basis. Parents are welcome to join their children free of charge and skate rental is included in the price.

**COST:** \$11.25/Session.

**PUNCH CARD:** \$50.00 and Valid for 5 Class Sessions.



SENIOR SKATE

Senior skate is a social gathering designed specifically for seniors in the Greater Rochester area. The program is intended for skaters of all skill levels, from the true beginners to the experienced skater. It takes place every Thursday from 8:30 am until noon. It includes a mix of two hours of skating time, with one hour dedicated for lesson time with our instructional staff. A social room is also set up during the entire program with coffee and pastries – an ideal area to socialize, play games and stay warm! This is a drop in program that costs \$6.00 per class. We also offer a discounted punchcard for \$25.00 which is good for five classes. Rental skates are provided at no cost for anyone that does not own skates.

**DAYS:** THURSDAYS 8:30 am to 12:00 pm

PRIVATE SKATING INSTRUCTION

The Iceplex has a world class instructional staff that has a vast experience at figure skating at high levels, and competing in ice hockey at high levels. Individuals that are looking for extra instruction in a private setting can schedule lessons with any of our talented teachers. Private group lessons are also available and is a perfect addition to a group outing or birthday party at the Iceplex. For more information on private skating lessons, or to book a lesson, contact the Iceplex skating director.

Nicole Owens | nicole@billgraysiceplex.com

**COST:** Pricing Varies

FIGURE SKATING 101

As an introduction to the sport of figure skating, participants will build upon the fundamental skills learned in the Skating 101 program. Beginners are taught the basic elements of foot work, spinning and jumping. Our world class instructional staff create a learning environment that is both positive and motivational, giving all students an opportunity to thrive in the sport while having fun doing so. Classes meet one evening per week over the course of eight weeks.

**COST:** \$150.00/8 Week Session (8 classes).  
Select One Day Per Session.

**DAYS:** MONDAYS: 5:00 pm to 5:50 pm  
WEDNESDAYS: 5:00 pm to 5:50 pm

**SESSION #1:** Mondays: 9/14 - 11/2 | Wednesdays: 9/16 - 11/4  
**SESSION #2:** Mondays: 11/9 - 12/28 | Wednesdays: 11/11 - 12/30  
**SESSION #3:** Mondays: 1/4 - 2/22 | Wednesdays: 1/6 - 2/24

FIGURE SKATING 201

As a next step for figure skaters that have successfully completed the Figure Skating 101 program, this program takes participants with a desire to move into higher levels of skating (test sessions, show skating and competitions). This program creates a platform for skaters to learn elements of freestyle skating (jumping and spinning), ice dancing and style within the sport. Our world class instructional staff not only has experience skating at high levels, but also have a passion for teaching their craft to new skaters. Classes meet two evenings per week over an eight week period.

**COST:** \$275.00/8 Week Session (16 classes).

**DAYS:** MONDAYS: 5:00 pm to 5:50 pm  
WEDNESDAYS: 5:00 pm to 5:50 pm

**SESSION #1:** Mondays: 9/14 - 11/2 | Wednesdays: 9/16 - 11/4  
**SESSION #2:** Mondays: 11/9 - 12/28 | Wednesdays: 11/11 - 12/30  
**SESSION #3:** Mondays: 1/4 - 2/22 | Wednesdays: 1/6 - 2/24



LEARN TO PLAY HOCKEY PROGRAMS

The Iceplex learn to play hockey programs are designed around the guidelines of USA Hockey's ADM model, which creates a fun, relaxed environment for participants to learn the fundamental skills of ice hockey. The non-competitive and positive atmosphere not only makes a child's first experience with hockey positive, but also creates an environment that they can excel in. Participants will not only learn the skills and game of ice hockey, but will also develop self-esteem and self-confidence. The program operates under the premise that if a players introduction to the sport is positive, they will develop a lifetime love of the game.

Our hockey programs are taught by the Iceplex hockey staff, in partnership with Rochester Youth Hockey coaches, who are USA Hockey certified coaches with an extensive playing background. We promote parent involvement in our hockey programs and encourage parents to assist by becoming a coach, manager or volunteer. Any parents with an interest in assisting should contact the program director for more information. For more information, visit the LEARN page on our website or contact the program director.

PROGRAM DIRECTOR:

Zach Branovan | 585-424-4625 x16 | zach@billgraysiceplex.com



HOCKEY 101 (INITIATION PROGRAM)

Hockey 101 is our entry level Learn to Play Hockey program for children ages 4 to 12. Successful completion of the Skating 101 program is highly recommended, as participants should have mastered the fundamental skills of ice skating in order to thrive in a hockey environment. This program is designed with an emphasis on having fun, creating a positive atmosphere crucial for children to achieve the comfort levels needed to learn.

The focus of Hockey 101 is to develop each participant's individual skills and game tactics. This foundation of skills will enhance a player's enjoyment of the game and prepare them for Hockey 201, at which point they are introduced to team skills and game tactics.

Full equipment is required (helmet with face guard, elbow pads, shin pads, hockey pants, skates, jersey, socks, gloves and stick). Participants are also required to register as a player with USA Hockey through their online registration portal located at [www.usahockey.org](http://www.usahockey.org).

**COST:** \$235.00/Session. Program Runs Twice Per Week with 22 Total Ice Sessions.

**DAY:** MONDAYS: 6:10 pm to 7:00 pm  
SATURDAYS: 9:00 am to 9:50 am

**SESSION #1:** 9/27 -12/20  
**SESSION #2:** 1/5 - 4/4

HOCKEY 201 (PONY PROGRAM)

Hockey 201 is a continuation of Hockey 101 and designed to build upon the skills mastered in that entry level program. The focus of this program is to teach players team skills and tactics involved in the game of ice hockey in a team oriented environment. Players will also further their development of individual skills, such as skating, stick handling and shooting. This program is the next step towards playing organized youth hockey in a full season format.

Full equipment is required (helmet with face guard, elbow pads, shin pads, hockey pants, skates, jersey, socks, gloves and stick). Participants are also required to register as a player with USA Hockey through their online registration portal located at [www.usahockey.org](http://www.usahockey.org).

**COST:** \$235.00/Session. Program Runs Twice Per Week with 22 Total Ice Sessions.

**DAY:** MONDAYS: 6:10 pm to 7:00 pm  
SATURDAYS: 9:00 am to 9:50 am

**SESSION #1:** 9/27 -12/20  
**SESSION #2:** 1/5 - 4/4



PUBLIC ICE SKATING (YEAR ROUND)

Ice skating dates back to around 3000 BC when skates were made from animal bones and strapped to the feet. It has certainly come a long way since that time, but the thrill and health benefits from skating remain the same!

Hit the ice and see for yourself why ice skating at the Iceplex is one of Rochester's favorite activities for people of all ages! Whether you are with friends, with family, on a date or just out for some exercise, ice skating is a great activity for all occasions.

The Iceplex hosts numerous public skating sessions each week, as well as multiple special skating events throughout the year.

Budget-friendly and always fun, ice skating is great for all ages and experience levels, and a perfect addition to a healthy lifestyle.

Check out the calendars page on our website to view our public skating calendar and get ready for an exhilarating experience that you won't forget!



ADULTS:	\$7.00
12 & UNDER:	\$4.00
SENIORS:	\$4.00
VETERANS:	\$4.00
SKATE RENTAL:	\$4.00

**PUNCHCARD:**  
\$60.00 for  
Ten Skating  
Admissions

SEASON PASS:	UNLIMITED PUBLIC SKATING 9/1/15 - 3/31/16
YOUTH/SENIOR:	\$100.00 without Rentals \$150.00 with Rentals
ADULT:	\$150.00 without Rentals \$200.00 with Rentals

GROUP OUTINGS

The Iceplex is the ideal location to take your group on an outing centered around fitness and healthy lifestyles! We offer multiple packages designed specifically for schools, park and rec groups, after school activities and day cares. We can custom tailor a package to suit your needs with options such as roller skating, broomball, ball hockey, ice hockey instruction with equipment, a private drive-in movie and much more.

Quality food options are also available from Bill Gray's. Contact us today for more information or to book an outing for your group.

<b>SAMPLE PACKAGES</b>
<b>SKATING PACKAGE #1:</b> \$5.00/Participant, Includes Admission for 2 hours of Ice Skating and Rental Skates.
<b>SKATING PACKAGE #2:</b> \$7.00/Participant Includes 2 hours of Ice Time, Private Ice Sports Education (Skating &/or Hockey).



**LOOKING TO HOST A UNIQUE CORPORATE EVENT FOR 5 TO 500 PEOPLE? TRAINING, TEAM BUILDING OR JUST A FUN TIME WITH FOOD?**  
We got you covered. Contact us for more information on corporate events at the Iceplex.