



**ICE SKATING LESSONS**

**SPORTS ARENA**

14452 Hayes Rd-952-953-2366

Saturdays: October 22 – December 17 (No Lesson 11/26)  
8:00-11:00am

Mondays: October 24 – December 12  
6:00-8:00pm

**HAYES PARK ARENA**

14595 Hayes Rd-952-953-2366

Thursdays: October 20 – December 15 (No Lesson 11/24)

**THE PROGRAM:** The program is geared toward the recreational skater of all ages and skill levels. Instructors will follow the skill progressions outlined in our program. Skaters will be evaluated throughout the session to determine if they are ready to advance. For all snowplow, Basic and Free skate classes we use Learn to skate USA Curriculum. More information can be found at [www.learntoskateUSA.com](http://www.learntoskateUSA.com). Our program consists of a 12:1 student/instructor ratio to ensure quality instruction. The exception being the Snowplow level which is an 8:1 ratio. All participants also receive 5 free open skate passes week 3 of lessons.

We reserve the right to cancel or combine classes. Any class having only one registered skater will be offered the option of a 15 minute private lesson.

**REGISTRATION:** Registration for our program is conducted on-line. Go to the City's website at [www.cityofapplevalley.org](http://www.cityofapplevalley.org). From the "Recreation" heading's drop-down lists, select "Recreation Programs" and then "Ice Skating Lessons". First-time users will need to set up an account to register. Each family member should be listed on the same account, and can be easily added at a later date.

**REGISTRATION DEADLINES;**  
Saturday & Sunday Classes: October 19  
Thursday Classes: October 18

**COST:**

Group Lessons .....	\$90.00
Power Edge.....	\$75.00
Private Lessons.....	\$115.00
Parent/Child Lessons.....	\$115.00

**REQUIREMENTS:** We recommend children in the Snowplow classes wear a helmet (bike helmets work well) and snow pants. Basic and Freestyle skaters should wear form fitting clothes or skating attire so instructors can view the proper movement of required elements. All skaters must wear gloves. Double runner skates are not permitted. Skate rental is available at a cost of \$2.00 per pair per session; however, there is a limited supply of skates in each size. Skate sharpening is available for \$4.00 per pair of skates.

**WHAT CLASS DOES MY SKATER SIGN UP FOR?**

If your skater is 3 years old, you should sign up for the Parent/Child class. If your skater is 4-5 years old and has never skated before, you should sign up for the snowplow class. If your skater is 6+ years old and has never skated before, you should sign up for the Basic 1 class. If you have previously skated in our program and not sure what class to register for, please contact the Learn to Skate Director, Janelle at [jwall@cityofapplevalley.org](mailto:jwall@cityofapplevalley.org).

**Note:** Based on the skater's ability, the class and practice times may switch within the same hour (i.e. practice first, then lesson or lesson first, then practice.)

**CLASS DESCRIPTIONS**

**Parent/Child Class** (ages 3-5)

For ages Preschool and up. Great way for children and parents to learn together

**Private Lessons** (ages 6 and up)

1:1 private 15 minute lesson with 45 min practice

**Snowplow Sam 1-4** (ages 4-5)

Designed to help the younger age skater develop coordination, strength, and comfort on the ice. Skills include dips, swizzles, stops, and games. Skaters who complete Snowplow Sam enter the "Basic" curriculum.

**Basic 1-8** (ages 6 -17)

Learn all fundamentals of the sport including forward and backward skating techniques, stops, turns, & edges. The Basic levels prepare skaters with the basic knowledge to enable advancement into specialized areas of skating. Skaters who complete Basic 8 enter Free Skate 1.

**Free Skate 1-6** (advanced)

After progressing through Basic 1-8, Skaters learn jumps, spins, footwork, and other exciting artistic and athletic moves.

**CLASS DESCRIPTIONS CONTINUED**

**Adult 1-4** (age 18-senior)

Designed to promote overall fitness, improving balance and coordination while mastering skating basics.

**Hockey 1-6** (age 6+)

The Hockey curriculum is designed to teach the fundamentals of hockey skating. Within these 6 levels, skaters will learn how to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus of the levels. All elements will be taught without a stick or puck but hockey gear is highly recommended. Helmet and hockey skates are required. This class is for the hockey player with skating experience.

**SATURDAY MORNING CLASSES - SPORTS ARENA**

Saturdays: October 22 – December 17  
(No lessons 11/26) 8:00am-11:30am

LEVEL.....	LESSON .....	PRACTICE .....
Snowplow .....	8:00-8:30 .....	8:30-9:00 .....
Basic 1.....	8:00-8:30 .....	8:30-9:00 .....
Basic 2-3 .....	8:00-8:30 .....	8:30-9:00 .....
Parent/Child .....	8:00-8:30 .....	8:30-9:00 .....
Basic 4-5 .....	8:00-8:30 .....	8:30-9:00 .....
Basic 6-8 .....	8:30-9:00 .....	8:00-8:30 .....
Free Skate 1-6.....	8:30-9:00 .....	8:00-8:30 .....
Private Lesson (15min Lesson).....	8:30-9:00 .....	8:00-8:30 .....

Snowplow .....	9:15-9:45 .....	9:45-10:15 .....
Basic 1.....	9:15-9:45 .....	9:45-10:15 .....
Private Lesson (15min Lesson).....	9:15-9:45 .....	9:45-10:15 .....
Basic 2-3 .....	9:45-10:15 .....	9:15-9:45 .....
Basic 4-5 .....	9:45-10:15 .....	9:15-9:45 .....
Basic 6-8 .....	9:45-10:15 .....	9:15-9:45 .....
Free Skate 1-6.....	9:45-10:15 .....	9:15-9:45 .....

Snowplow .....	10:30-11:00 .....	11:00-11:30 .....
Basic 1.....	10:30-11:00 .....	11:00-11:30 .....
Basic 2-3 .....	10:30-11:00 .....	11:00-11:30 .....
Free Skate 1-6.....	10:30-11:00 .....	11:00-11:30 .....
Hockey 1.....	11:00-11:30 .....	10:30-11:00 .....
Hockey 2-3 .....	11:00-11:30 .....	10:30-11:00 .....
Hockey 4-6.....	11:00-11:30 .....	10:30-11:00 .....
Private Lesson (15min Lesson).....	11:00-11:30 .....	10:30-11:00 .....

**MONDAY EVENING CLASSES - SPORTS ARENA**

Mondays: October 24 – December 12 • 6:00-8:00pm

LEVEL.....	LESSON .....	PRACTICE .....
Parent/Child .....	6:00-6:30 .....	6:30-7:00 .....
Snowplow 1-2 .....	6:00-6:30 .....	6:30-7:00 .....
Snowplow 3-4.....	6:00-6:30 .....	6:30-7:00 .....
Basic 1.....	6:00-6:30 .....	6:30-7:00 .....
Basic 2-3 .....	6:30-7:00 .....	7:30-8:00 .....
Basic 4-5 .....	6:30-7:00 .....	7:30-8:00 .....
Basic 6-8 .....	6:30-7:00 .....	7:30-8:00 .....
Hockey 1.....	6:30-7:00 .....	7:30-8:00 .....

Snowplow 1-4 .....	7:00-7:30 .....	7:30-8:00 .....
Basic 1.....	7:00-7:30 .....	7:30-8:00 .....
Hockey 2-3 .....	7:00-7:30 .....	7:30-8:00 .....
Hockey 4-6.....	7:00-7:30 .....	7:30-8:00 .....
Free Skate 1-3.....	7:30-8:00 .....	7:00-7:30 .....
Free Skate 4-6.....	7:30-8:00 .....	7:00-7:30 .....
Private Lesson (Adult) .....	7:30-8:00 .....	7:00-7:30 .....

**THURSDAY DAY CLASSES - HAYES PARK ARENA**

Thursdays: October 20 – December 15  
(No lessons 11/24)

LEVEL.....	LESSON .....	PRACTICE .....
Snowplow .....	10:00-10:30 .....	10:30-11:00 .....
Basic 1/Hockey 1.....	10:30-11:00 .....	10:00-10:30 .....

Snowplow .....	12:30-1:00 .....	1:00-1:30 .....
Basic 1/Hockey 1.....	1:00-1:30 .....	12:30-1:00 Park .....

**LEARN TO SKATE OPEN HOUSE**

Hayes Park Arena  
14595 Hayes Road, Apple Valley

Date: TBA, check website  
Limited Skate Rentals will be available for \$2.00 per pair. Come skate for FREE and learn more about our program! Mini lessons will be given to those who are interested.

**FALL OPEN SKATE**

Begins October 23

<b>Sports Arena</b> 14452 Hayes Rd. Sundays; 3:30-5:00pm	<b>Hayes Park Arena</b> 14595 Hayes Rd. Thursdays; 11:00am-12:30pm
--	--