

Learn to Skate Lessons

Our program is geared toward the recreational skater of all ages and skill level as well as those who are looking to add to their hockey or figure skating skills. Instructors will follow the skill progressions outlined in our program manual. Skaters will be evaluated throughout the season to determine if they are ready to advance. Our program consists of a maximum 12:1 student/instructor ratio to insure quality instruction except for the Snowplow level which is set at an 8:1 ratio. All participants also receive 5 free open skate passes week 3 of lessons.

List of classes offered and times or

TO REGISTER ONLINE:

Visit www.cityofapplevalley.org

- On left side, click **Online Services**
- Under **Parks Program Registrations**, click on **Online Registrations**.

This will take to you to a new website to register. User will need to set up an account their first time, which will be used for all future registrations. Each family member should be listed on the same account, although they can be easily added at a later date. Set up your account now!

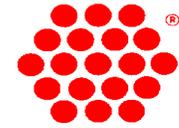
BY PHONE: Call **952-953-2300** Monday-Friday, 8:00am-4:30pm Visa, MasterCard, Discover or American Express required at time of registration.

Learn to Skate Program

Hayes Park Arena –
Winter Weekday & Summer Monday Night Lessons
14595 Hayes Road
Apple Valley, MN 55124

Sports Arena-
Winter Lessons on Saturdays and Mondays
14452 Hayes Road
Apple Valley, MN 55124

www.cityofapplevalley.org



**apple
valley**

Parks & Recreation

Learn to Skate Program

*Classes now offered year
round!!!*



Figure Skating . Hockey . Recreation



Costs:

Unless otherwise noted, each level will be \$90.00 per skater which included eight half-hour practices. We will not have lessons the weekend of Thanksgiving.

Requirements:

We recommend that children in the Snowplow Sam classes wear a helmet (bike helmets work nice), gloves and snow pants. 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 and double runner skates are not permitted.

What Class Does My Skater Sign Up For? If your Skater is 3-5 years old and never skated before, you should sign up for the Parent/Child class.

Please Note:

There are no age requirements for levels except Parent/Child ages 3-5, No exceptions.

2015-2016 Sessions

Session 1:

Hayes Park Arena

Thursdays: October 22-December 17

10:00am-11:00am and 12:30pm-1:30pm

Sports Arena

Saturdays: October 24-December 19

8:00am-11:30am

Mondays: October 26-December 14

7:15pm-9:15pm

Session 2:

Hayes Park Arena

Thursdays: January 7-February 25

10:00am-11:00am and 12:30pm-1:30pm

Sports Arena

Saturdays: January 9-February 27

8:00am-11:30am

Mondays: January 11-February 29

7:15pm-9:15pm

Apple Valley Public Skating

Hayes Park Arena:

Apple Valley Sports Arena

Thursdays, 11am-12:30pm

Sundays, 3-5:30pm

(Starting 10/22/15)

(Starting 10/18/15)

Cost \$4 per person, skate rental available for \$2 per pair

Occasionally, Public Skating will not take place due to a special event. For up to date Public Skating information, please call 952-953-2366

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): Individual skater instruction. Skaters will have a 15 minute private one-on-one lesson and a 45 minute practice each week. Cost for private lesson is \$110.

Snowplow Sam 1-3: (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, and 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.

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.

Power Edge: This class is designed for figure skaters to build strength and power while learning proper technique and skating form.

Questions? Email jwall@cityofapplevalley.org