



# ICE SKATING LESSONS

**Apple Valley Sports Arena—14452 Hayes Road**  
**Hayes Park Arena—14595 Hayes Road**

The Learn-to-Skate program is geared toward skaters 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. Skaters will be evaluated throughout the season to determine if they are ready to advance. We use Learn-to-Skate USA curriculum which is also endorsed by USA Hockey. Our program consists of a maximum 12:1 student/instructor ratio to ensure quality instruction except for the Snowplow level which is an 8:1 ratio. All participants receive 5 free open skate passes during week 3 of lessons. We reserve the right to cancel or combine classes. Any class having only one registered skater will be combined or offered the option of a 15 minute private lesson.

## GEAR & CLOTHING REQUIREMENTS:

Snowplow Sam and Parent/Child: Hockey or bike helmet and snow pants.

Basic and Freestyle: Form-fitting clothes or skating attire

Hockey: Hockey gear (as much as desired), hockey skates and helmet

Skates: No double runner skates. A limited supply of rental skates are available for \$3 per session

Skate sharpening: \$5

## WHAT CLASS DOES MY SKATER SIGN UP FOR?

Age 3: Parent/Child

Age 4-5 w/no experience: Snowplow Sam

Age 6+ w/no experience: Basic 1

If your child has previously skated in our program and are not sure what class to register for, please contact the Learn-to-Skate Director at [asmith@cityofapplevalley.org](mailto:asmith@cityofapplevalley.org). or call 952-953-2364.

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)

Great way for children and parents to learn together. Parent should have basic skating ability.

### Private Lessons (Ages 6 & over)

1:1 private 15 minute lesson with 45 minute practice.

### Snowplow Sam 1-4 (Ages 4-5)

Designed to help the younger aged 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-Basic 6 (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.

### Pre Free Skate-Free Skate 6 (Advanced)

After progressing through the Pre Free Skate, skaters learn jumps, spins, footwork, and other exciting artistic and athletic moves. Skaters who complete Pre Free Skate enter Free Skate.

### Adult 1-4 (Ages 18-Senior)

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

### Hockey 1-4 (Ages 6 & Over)

Designed to improve the fundamentals of hockey skating for players with skating experience. Within these 4 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.

### Specialty Class

This class is for skaters that are Free Skate 1 or higher. Designed to help build strength and musicality through either power drills or choreography instruction. Class is limited to 25 skaters.

## Indoor Rinks

### PUBLIC OPEN SKATING

visit [www.cityofapplevalley.org](http://www.cityofapplevalley.org)

#### SPORTS ARENA

**Mondays, January 6-March 2, 2020 (No lessons February 3)**

LEVEL	LESSON TIME	PRACTICE	PROG#
Parent/Child	6:00-6:30pm	6:30-7:00pm	5017
Snowplow 1 & 2	6:00-6:30pm	6:30-7:00pm	5018
Snowplow 3 & 4	6:00-6:30pm	6:30-7:00pm	5019
Basic 1	6:00-6:30pm	6:30-7:00pm	5020
Basic 2	6:30-7:00pm	6:00-6:30pm	5021
Basic 3-4	6:30-7:00pm	6:00-6:30pm	5022
Hockey 1	6:30-7:00pm	6:00-6:30pm	5023
Private Lessons	7:00-7:15pm	7:15-8:00pm	5024
Basic 5-6	7:00-7:30pm	7:30-8:00pm	5025
Pre Free Skate - Free Skate 6	7:00-7:30pm	7:30-8:00pm	5026
Adults	7:30-8:00pm	7:00-7:30pm	5027
Hockey 2-3	7:30-8:00pm	7:00-7:30pm	5028
Hockey 4	7:30-8:00pm	7:00-7:30pm	5029
<b>REGISTRATION DEADLINE: January 2, 2020</b>			

#### SPORTS ARENA

**Saturdays, January 11-February 29, 2020**

LEVEL	LESSON TIME	PRACTICE	PROG#
Specialty Class	8:00-8:30am	8:30-9:00am	5030
Private Lessons	8:30-8:45am	8:45-9:30am	5031
Parent/Child	9:00-9:30am	9:30-10:00am	5032
Snowplow 1-2	9:00-9:30am	9:30-10:00am	5033
Snowplow 3-4	9:00-9:30am	9:30-10:00am	5034
Basic 1	9:00-9:30am	9:30-10:00am	5035
Basic 2	9:30-10:00am	9:00-9:30am	5036
Basic 3-4	9:30-10:00am	9:00-9:30am	5037
Basic 5-6	9:30-10:00am	9:00-9:30am	5038
Pre Free Skate - Free Skate 6	9:30-10:00am	9:00-9:30am	5039
Snowplow 1-2	10:30-11:00am	11:00-11:30am	5040
Snowplow 3-4	10:30-11:00am	11:00-11:30am	5041
Basic 1	10:30-11:00am	11:00-11:30am	5042
Private Lessons	10:30-10:45am	10:45-11:30am	5043
Basic 2-3	11:00-11:30am	10:30-11:00am	5044
Basic 4-6	11:00-11:30am	10:30-11:00am	5045
Pre Free Skate - Free Skate 6	11:00-11:30am	10:30-11:00am	5046
Adult	11:00-11:30am	10:30-11:00am	5047
<b>REGISTRATION DEADLINE: January 7, 2020</b>			

#### COST (8-Week Session):

Group Lessons.....	<b>\$ 90</b>
Specialty Class.....	<b>\$ 90</b>
Private Lessons.....	<b>\$115</b>
Parent/Child Lessons.....	<b>\$115</b>

#### OUTDOOR SKATING RINKS AND WARMING HOUSES

Skating rinks in City Parks are available for skating from dawn to dusk daily. Weather permitting, Warming Houses will open Saturday, December 21 and close for the season Monday, February 17.

#### Community Center, Huntington, Galaxie, and Johnny Cake Ridge Park West

Monday—Friday .....	4:00 pm to 9:00 pm
Saturday .....	10:30 am to 9:00 pm
Sundays .....	12:00 pm to 7:00 pm

#### Apple Valley East, Hagemeister, and Valley Middle

Monday—Friday .....	4:00 pm to 8:00 pm
Saturday .....	10:30 am to 8:00 pm
Sundays .....	12:00 pm to 7:00 pm

#### Holiday / Special Hours

Christmas Eve, December 24 .....	CLOSED
Christmas Day, December 25 .....	CLOSED
Winter Break; December 23, 26, 27 & 30.....	10:30 am – 8:00 pm
New Year's Eve, December 31 .....	12:00 – 4:00 pm
New Year's Day, January 1.....	12:00 – 7:00 pm
Martin Luther King Day, January 20.....	12:00 – 7:00 pm
School's Out, February 14.....	12:00 – 7:00 pm
President's Day, February 17 .....	12:00 – 7:00 pm

#### Rink Closure Information

For Warming House closure information call 952-953-2399, option 5. Warming Houses may be closed if the air temperature reaches -10F, the wind chill temperature reaches -20F or if 1" of snow or more has fallen. If there has been significant snowfall, rinks will be plowed on a priority basis, but roads, school pathways and sidewalks will be plowed first.

OUTDOOR SKATING RINKS		Hockey Rinks	Pleasure Rinks
Apple Valley Community Center	14603 Hayes Road	2	1
Apple Valley East	15335 Dodd Boulevard	1	1
Johnny Cake Ridge Park West	14255 Johnny Cake Ridge Rd	2	1
Delaney (no warming house)	4745 – 147 <sup>th</sup> Street West	1	1
Galaxie	13900 Galaxie Avenue	1	1
Hagemeister	13000 Johnny Cake Ridge Rd	1	1
Huntington	12960 Diamond Path	1	1
Valley Middle	900 Garden View Drive	1	1