



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 Learn-to-Skate Director Alesia at 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 Pre Free Skate or higher. Designed to help build strength and musicality through either power drills or choreography instruction. Class is limited to 25 skaters.

ICE SKATING

Indoor Rinks
PUBLIC SKATING
 4:15-5:45pm Mondays
 Beginning June 10
 visit www.cityofapplevalley.org



SUMMER SESSION I—(8 weeks) Mondays, June 10-July 29, 2019

LEVEL	LESSON TIME	PRACTICE	PROG#
Parent/Child	6:00-6:30pm	6:30-7:00pm	4784
Snowplow 1 & 2	6:00-6:30pm	6:30-7:00pm	4785
Snowplow 3 & 4	6:00-6:30pm	6:30-7:00pm	4786
Basic 1	6:00-6:30pm	6:30-7:00pm	4787
Basic 2-3	6:30-7:00pm	6:00-6:30pm	4788
Basic 4-5	6:30-7:00pm	6:00-6:30pm	4789
Hockey 1	6:30-7:00pm	6:00-6:30pm	4790
Private Lessons	7:00-7:15pm	7:15-8:00pm	4791
Hockey 2-3	7:00-7:30pm	7:30-8:00pm	4792
Hockey 4	7:00-7:30pm	7:30-8:00pm	4793
Basic 6- Pre Free Skate	7:30-8:00pm	7:00-7:30pm	4794
Free Skate 1-6	7:30-8:00pm	7:00-7:30pm	4795
Adults	7:30-8:00pm	7:00-7:30pm	4796

REGISTRATION DEADLINE: June 7

Summer Session Lesson Costs

	SESSION I	SESSION II
Group	\$ 90	\$70
Private	\$115	\$90
Parent/Child	\$115	\$90

SUMMER SESSION II—(6 weeks) Monday, September 9-October 14, 2019

LEVEL	LESSON TIME	PRACTICE	PROG#
Parent/Child	6:00-6:30pm	6:30-7:00pm	4797
Snowplow 1-2	6:00-6:30pm	6:30-7:00pm	4798
Snowplow 3-4	6:00-6:30pm	6:30-7:00pm	4799
Basic 1	6:00-6:30pm	6:30-7:30pm	4800
Basic 2-3	6:30-7:00pm	6:00-6:30pm	4801
Basic 4-5	6:30-7:00pm	6:00-6:30pm	4802
Basic 6- Pre Free Skate	6:30-7:00pm	6:00-6:30pm	4803
Hockey 1	6:30-7:00pm	6:00-6:30pm	4804
Private Lessons	7:00-7:30pm	6:30-7:00pm	4805
Free Skate 1-6	7:00-7:30pm	6:30-7:00pm	4806
Hockey 2-3	7:00-7:30pm	6:30-7:00pm	4807
Hockey 4	7:00-7:30pm	6:30-7:00pm	4808

REGISTRATION DEADLINE: September 6



SPORTS ARENA

Mondays, October 21-December 9

LEVEL	LESSON TIME	PRACTICE	PROG#
Parent/Child	6:00-6:30pm	6:30-7:00pm	4831
Snowplow 1 & 2	6:00-6:30pm	6:30-7:00pm	4832
Snowplow 3 & 4	6:00-6:30pm	6:30-7:00pm	4833
Basic 1	6:00-6:30pm	6:30-7:00pm	4834
Basic 2	6:30-7:00pm	6:00-6:30pm	4835
Basic 3-4	6:30-7:00pm	6:00-6:30pm	4836
Hockey 1	6:30-7:00pm	6:00-6:30pm	4837
Private Lessons	7:00-7:30pm	7:30-8:00pm	4838
Basic 5-6	7:00-7:30pm	7:30-8:00pm	4839
Pre Free Skate - Free Skate 6	7:00-7:30pm	7:30-8:00pm	4840
Adults	7:30-8:00pm	7:00-7:30pm	4841
Hockey 2-3	7:30-8:00pm	7:00-7:30pm	4842
Hockey 4	7:30-8:00pm	7:00-7:30pm	4843
REGISTRATION DEADLINE: October 18			

SPORTS ARENA

Saturdays, October 19-December 14 (No Lessons November 30)

LEVEL	LESSON TIME	PRACTICE	PROG#
Specialty Class	8:00-8:30am	8:30-9:00am	4844
Private Lessons	8:30-9:00am	9:00-9:30am	4845
Parent/Child	9:00-9:30am	9:30-10:00am	4846
Snowplow 1-2	9:00-9:30am	9:30-10:00am	4847
Snowplow 3-4	9:00-9:30am	9:30-10:00am	4848
Basic 1	9:00-9:30am	9:30-10:00am	4849
Basic 2	9:30-10:00am	9:00-9:30am	4850
Basic 3-4	9:30-10:00am	9:00-9:30am	4851
Basic 5-6	9:30-10:00am	9:00-9:30am	4852
Pre Free Skate - Free Skate 6	9:30-10:00am	9:00-9:30am	4853
Snowplow 1-2	10:30-11:00am	11:00-11:30am	4854
Snowplow 3-4	10:30-11:00am	11:00-11:30am	4855
Basic 1	10:30-11:00am	11:00-11:30am	4856
Private Lessons	10:30-11:00am	11:00-11:30am	4857
Basic 2-3	11:00-11:30am	10:30-11:00am	4858
Basic 4-6	11:00-11:30am	10:30-11:00am	4859
Pre Free Skate - Free Skate 6	11:00-11:30am	10:30-11:00am	4860
Adult	11:00-11:30am	10:30-11:00am	4861
REGISTRATION DEADLINE: October 16			



Fall Session Lesson Costs

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

Indoor Rinks

PUBLIC OPEN SKATING

visit www.cityofapplevalley.org

OUTDOOR SKATING RINKS AND WARMING HOUSES

Watch for information in the winter issue of the City News.

Weather permitting, rinks will open in late December.

YOUTH HOCKEY PROGRAMS



EASTVIEW HOCKEY ASSOCIATION (EVHA)

www.eastviewhockey.net



APPLE VALLEY HOCKEY ASSOCIATION (AVHA)

www.applevalleyhockey.com