

Learn to Skate Lessons

The 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 endorsed also by USA Hockey. Our program consists of a maximum 12:1 student/instructor ratio to insure 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.

TO REGISTER ONLINE:

Visit www.cityofapplevalley.org

- On upper right side, click "Play"
- Under Recreation Programs, Click "Registrations"

This will take you to a new website to register. Once you set up an account, you'll be ready to register for recreation programs. Each family member should be listed on the same account, although they can be easily added at a later date.

Visa, MasterCard, Discover, or American Express required at the time of registration.

Have questions about the programs or difficulty with the registration? Contact the Parks & Recreation Office at 952-953-2300.

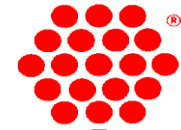
Learn to Skate Program

**Hayes Park Arena –
14452 Hayes Road Apple
Valley, MN 55124**

**Summer session I – Monday Night Lessons
June 10-July 29, 2019**

**Summer Session II - Monday Night Lessons
Sept. 9-October 14, 2019**

www.cityofapplevalley.org



**apple
valley**

Parks & Recreation

Learn to Skate Program

*Classes offered year
round!!!*



Figure Skating . Hockey . Recreation



Requirements:

We recommend that children in the Snowplow and Parent/Child classes wear a helmet (bike helmets work well) and snow pants. Basic and Free Skate skaters should wear form-fitting clothes or skating attire so instructors can view the proper movement of required elements. Hockey skaters can wear as much gear as comfortable however hockey helmet and hockey skaters are required. Double runner skates are not permitted. Limited skate rentals are available at the cost of \$2 per pair per day. Skate sharpening is also available for \$4 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 questions, please contact the Learn to Skate

Director at

asmith@cityofapplevalley.org.

2019 Summer Sessions

Summer Session I: June 10-July 29

REGISTRATION DEADLINES:

8 week **Summer Session I** : June 7

COST:

Group Lessons.....**\$90.00**

Private Lessons.....**\$115.00**

Parent/Child Lessons.....**\$115.00**

Summer Session II: Sept. 9-Oct. 14

6 week **Summer Session II** : September 6

COST:

Group Lessons.....**\$70.00**

Private Lessons.....**\$90.00**

Parent/Child lessons.....**\$90.00**

Apple Valley Public Skating

Check arena website for dates and times as they vary over the summer months.

Cost \$4 per person

NOTE: Occasionally, Public Skating will not take place due to a special event.

CLASS DESCRIPTIONS

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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 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-Basic 6 (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.

Pre Free Skate 1-6 (advanced)

After progressing through 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 (age 18 and up)

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

Hockey 1-4 (age 6+)

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.