

ISI Membership

The Ice Sports Industry (ISI) is a non-profit trade association that represents all aspects of the ice arena industry. ISI offers a nationally recognized learn-to-skate program to teach the skills necessary to enjoy the sport of skating. For more information on ISI benefits please visit www.skateisi.com.



The Cottage Grove Ice Arena will pay the yearly fee for participants enrolled in CG Skating Lessons and competing on behalf of the CG Skate School. Please contract the office to arrange.

Skate Sharpening

Skate sharpening is available at the Ice Arena for \$5. There is a discount card available for \$25, each card has 6 punches; a \$30 value. We ask that you allow 45 minutes before your lesson begins or drop off your skates the day before.

How to Register

Registering for classes is very easy! You must pre-register for lessons.

- Register online at www.cottagegrovemn.gov
- Call us at 651.458.3400
- Stop by the office/Mail at 8020 80th St. So.

Public Skate Sessions

All sessions require pre-registration.

- **Stick & Puck**
- **Open Skate**
- **Cosmic Skate**



Cottage Grove
Ice Arena
Skating School
Spring 2021

Cottage Grove Ice Arena
8020 80th Street South
Cottage Grove, MN

651-458-3400

www.cottagegrovemn.gov

Learn-to-Skate Program

This program is designed to prepare participants for recreational skating, figure skating or hockey. Students are individually evaluated at the start of each session.

Skaters should:

- Have sharpened single blade hockey or figure skates
- Wear warm comfortable clothing including gloves
- Arrive no more than 10 minutes early to find your nametag

Skating Tots - \$52

To minimize the spread of germs and non-family contact with our coaches; an adult (16+) must be on the ice with each registered skater. Adults must wear skates. Youth must wear a bike/hockey helmet.

Coaches will be delivering the lessons and providing instruction, but each skater's adult will be responsible for helping them..

This class is for skaters ages 4-7; who have never skated before or cannot stand on their own.

They will play games as they develop skills needed to balance and move across the ice.

Level 1 - Sundays \$63/Mondays \$54

Skaters ages 5-8; who have minimal skating experience will learn the proper way to fall and get up, hopping and how to make A's and V's.

Level 2 - Sundays \$63/Mondays \$54

Skaters ages 7 and older and able to stand without assistance or skaters who have passed Level 1. Skater's will learn forward swizzles, two foot glides, backward wiggle and stops.

Level 3 - Sundays \$63/Mondays \$54

Skaters who have completed Level 2 will learn backward swizzles, hockey turns, forward slalom and a semi-spiral.

Level 4 - Sundays \$63/Mondays \$54

Skaters who have completed Level 3 will learn backward slalom, one-foot glides, 3-step crossovers, backward glides (two feet) and pump circles.

Advanced Skating Lessons

Alpha - \$60

Skaters who have completed Level 4 will learn forward crossovers, stroking, and the one foot snowplow stop.

Beta - \$60

Skaters who have completed Alpha will learn backward stroking, backward crossovers, T-Stop right and left.

Gamma - \$60

Skaters who have completed Beta. Skaters will learn one foot forward outside 3-turns, inside Mohawk combo right/left and the hockey stop.

Delta - \$60

Skaters that have completed Gamma. Skaters will learn forward outside/inside edges on half-circles, lunge/shoot-the-duck, and bunny hop.

Freestyle - \$95

Skaters will begin with a power skating warm-up. Skaters will learn jumps, spins, gliding maneuvers and dance steps.

Team Compulsory - \$176

Tryouts are held each fall to determine teams and paid for each season. Bonus date: May 16, 5:15pm

2021 Spring Lesson Dates & Class Times

Sundays: North Rink, 7 classes

March 21, 28, April 11, 18, 25, May 2, 9

4:00-4:25pm	Tots
4:30-5:00pm	Level 1
5:00-5:30pm	Level 2
5:30-6:00pm	Level 3, Level 4
6:15-7:00pm	Freestyle
7:00-8:00pm	Team Compulsory

Mondays: South Rink, 6 classes

March 22, 29, April 5, 12, 19, May 3

6:00-6:30pm	Level 1, Level 2
6:30-7:00pm	Level 3, Level 4
7:00-7:30pm	Alpha, Beta
7:30-8:00pm	Gamma, Delta



Figure Skater's Contract Ice

These sessions are for dedicated figure skater's to practice figure skating skills, jumps, and spins. Ice time may be spent working individually on skills or with a coach.

Pre-registration and payment is required for all skaters and coaches on ice.

Cost is \$10 per time; please see separate flyer or website for list of dates/times.

New sessions are posted each month; ice will be cancelled if there are less than four skaters, five days prior to the session. Registration closes 24hr prior to session.

All Skater's: Pandemic Protocol

- Please arrive no more than 10 minutes early before your lesson and come dressed wearing as much gear as possible.
- Masks must be worn at all times; even when skating. Those 5 and younger are strongly encouraged, but not required.
- Socially space yourself when putting on skates as there are chairs and benches for use.
- No more than 2 spectators per skater and they should remain in the bleacher area socially spacing.