

Cottage Grove Skating School Fall 2021

register: cottagegrovemn.gov

Learn-to-Skate Classes

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, and arrive no more than 10 minutes early to find your nametag.

Skating Tots

This class is for skaters ages 4-7; who have never skated before or cannot stand on their own. Each skater must have an adult (16+) 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. They will play games as they develop skills needed to balance and move across the ice.

Level 1

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

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

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

Level 4

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

Sundays: 8 classes (\$75)

9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 11/7
 4:30-5:00pm Tots
 5:00-5:30pm Level 1, Level 2
 5:30-6:00pm Level 3, Level 4

Mondays: 9 classes (\$84)

9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8
 6:00-6:30pm Level 1, Level 2
 6:30-7:00pm Level, 3, Level 4

Advanced Skating Lessons

Alpha - \$84

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

Beta - \$84

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

Gamma - \$84

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

Delta - \$84

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

Freestyle - \$88

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

Jump & Spin Class - \$88

Skaters who have completed Alpha will focus on level appropriate jumps and spins. Skaters will be divided into groups based on level.

Sundays: 8 classes

9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 11/7
 6:00-6:30pm Alpha, Beta, Gamma, Delta
 6:30-7:00pm Jump & Spin
 7:00-7:30pm Freestyle

