Welcome to Skating Lessons with the Cottage Grove Skating School. All skaters should arrive 15-20 minutes before class to check in at the registration table to get a name tag.

Rental skates are available if needed (no one without skates will be permitted on the ice). Safety Helmets should be worn by all beginning skaters; make sure the helmet fits comfortably and low in front to protect the forehead.

Plenty of layers along with a jacket should be worn. Sweatpants or warm-up pants are better than bulkier snow pants. Gloves and Mittens; they are not just to keep your skaters hands warm; they protect hands as skaters learn to fall and stand back up.

**Sundays:**
11/28, 12/5, 12/12, 12/19, **12/26**, 1/2, 1/9, 1/16, 1/23, 1/30
3:45-4:15pm Off Ice Training (Pre Alpha and Above)
4:30-5:00pm Beginner Snow Plow 1, Adv Snow Plow 1, Pre Alpha
5:00-5:30pm Beginner Snow Plow 2, Hockey Tots, Mite Development
5:30-6:00pm Adv Snow Plow 2, Intro to Team Comp
6:15-6:45pm Alpha, Beta, Gamma, Delta
6:45-7:15pm Pre Alpha Mastery, Jump & Spin
7:15-7:45pm Freestyle
8:00-8:30pm Off Ice Training (Freestyle)

**Mondays:**
11/29, 12/6, 12/13, 12/20, **12/27**, 1/3, 1/10, 1/17, 1/24, 1/31
12:30-1:00pm Parent & Me
1:00-1:30pm Adv Snow Plow 1
1:30-2:00pm Home School Skaters
2:00-2:30pm Adaptive Skating
6:00-6:30pm Beginner Snow Plow, Adv Snow Plow 2, Pre Alpha
6:30-7:00pm Adv Snow Plow 3, Pre Alpha Mastery, Alpha, Beta, Gamma, Delta
7:15-7:45pm Off Ice Training (Pre Alpha and Above)

**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 Freestyle Lessons or as requested by the Skating School Director.

**Skate Sharpening**
Skate sharpening is available at the Ice Arena for $5+tax. There is a discount card available for $25+tax, each card has 6 punches; a $30 value. We cannot guarantee there will always be someone available to sharpen skates; therefore we ask that you allow 45 minutes before your lesson begins or drop off your skates the day before.
Beginner Snow Plow (Level 1): $84
This class is for skaters ages 4-6; who have never skated before or cannot stand on their own. Class emphasis on learning to stand, fall and move on the ice through songs and games. Protective head gear required.

Advanced Snow Plow (Level 2): $84
This class is for skaters ages 4-6; who have previous skating experience and have passed Beginner Snow Plow. Class emphasis on pushing, gliding, stops and forward and backward skating. Protective head gear required.

Pre Alpha (Level 3): $84
This class is for skaters ages 7 and older; with little previous skating experience. Class will focus on how to stand, fall and move on the ice. This class will teach forward swizzles, backward wiggles and beginning stops. Protective head gear required.

Pre Alpha Mastery (Level 4): $84
Skaters will learn forward skating, skating backwards, one foot glides, moving snowplow stops and standing still two foot turns. Skaters must have passed Advanced Snow Plow or Pre Alpha. Protective head gear recommended.

Alpha: $95
Skaters will learn forward stroking, forward crossovers, one foot snowplow stops, backward one foot glides and moving two foot turns. Skaters who have passed Pre Alpha Mastery.

Beta: $95
Skaters will learn backward crossovers, backward stroking, left and right foot t stops. Skaters will also be introduced to basic 3 turns and two foot spins. Skaters who have passed Alpha.

Gamma/Delta: $95
Skaters will learn outside and inside 3 turns, mohawks, hockey stops, bunny hops, lunges, shoot the ducks, forward inside and outside edges. Skaters who have passed Beta.

Freestyle 1-8: $95
Skaters will learn to jump, spin and other exciting moves from ISI Freestyle. A progression of more difficult jumps and spins are taught in each level. Skaters must successfully complete elements and perform a program to music to complete each level. Skaters who have passed Delta.

Jump & Spin: $99
Class focuses on level appropriate jumps and spins for skater’s who have passed Pre-Alpha and above. Skaters will be divided into groups based on levels.

Hockey Tots: $84
This class is for skaters ages 4-7; that have passed Advanced Snowplow, are comfortable moving quickly across the ice and skating backwards. Skaters are encouraged to wear full hockey pads; sticks and pucks will not be used.

Mite Development: $84
This class is for skaters that have passed Alpha, are comfortable with forward crossovers and basic edges. This is a fast passed class focusing on backward crossovers, hockey skating skills, and edge control. Skaters are encouraged to wear full hockey pads; sticks and pucks will not be used.

Parent and Me: $84
This class is perfect for skater’s with no skating experience. Each skater must have an adult (16 +) on the ice with them also wearing skates that can skate unassisted. Youth skater’s must have protective head gear. Classes emphasize falling, standing up, conquering the fear of skating through songs and games.

Adaptive Skating: $99
Adaptive skating programs encourage individuals with disabilities to develop independence, confidence and physical fitness. This program consists of a modified program and testing standards that opens the world of skating to all ages and abilities. An adult who can skate may join on ice for lessons if desired, at no extra cost. Protective head gear is required.

Home School Skaters: $84
Day time skating lessons designed to enhance the curriculum of homeschoolers. Instruction will follow the ISI Curriculum. Class is for skaters that have passed Advanced Snow Plow or Pre Alpha and will focus on developing more advanced skating skills.

Off Ice Training: $90
Improve your skater’s skills and performance on the ice. Class will vary each session; covering jump and spin exercises, strength and conditioning, balance and flexibility. Come to class wearing athletic/skating attire and athletic footwear.

Intro to Team Comp: $99
Team Comp is a variety of skating options for those wanting perform; including, Ensemble, Team Compulsory, Couples Spotlight, or Small Production Events. Routines include choreographed programs to music with entertaining themes, costumes and props. Intro to Team Comp will teach skaters all that is involved and work on a production number to hopefully perform at the Annual Ice Show. The goal would be to build this group of skaters and compete/perform as of Summer 2022.