

# Cottage Grove Skating School

register: [cottagegrovemn.gov](http://cottagegrovemn.gov)

## Learn to Skate Classes

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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 comfortable and low in front to protect the forehead. Skate sharpening is available at the Ice Arena for \$5. 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.

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.

### Winter 2022/2023 SESSION DATES:

Sundays: 12/4, 12/11, 12/18, ~~12/25~~, ~~1/1~~, 1/8, 1/15, 1/22, 1/29, 2/5, 2/12

Mondays: 12/5, 12/12, 12/19, ~~12/26~~, ~~1/2~~, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13

#### Beginner Snow Plow: \$88

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.

Beg Snow Plow A ..... Sundays..... 4:15-4:45pm

Beg Snow Plow B..... Sundays..... 4:45-5:15pm

Beg Snow Plow C..... Mondays ..... 6:00-6:30pm

Beg Snow Plow D ..... Mondays ..... 6:30-7:00pm

#### Advanced Snow Plow: \$88

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.

\* Two classes offered

Adv Snow Plow A\* ..... Sundays..... 4:15-4:45pm

Adv Snow Plow B\* ..... Mondays ..... 6:00-6:30pm

Adv Snow Plow C ..... Mondays ..... 6:30-7:00pm

#### Pre Alpha: \$88

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 A.....Sundays .....4:45-5:15pm

Pre Alpha B.....Mondays.....6:30-7:00pm

#### Pre Alpha Mastery: \$88

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 and Pre Alpha. Protective head gear recommended.

Pre Alpha Mastery A.....Sundays .....4:45-5:15pm

Pre Alpha Mastery B.....Mondays.....7:00-7:30pm

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## Advanced & Specialty Classes

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The Cottage Grove Ice Arena will pay the yearly fee for participants enrolled in Freestyle Lessons or as requested by the Skating School Director.

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](http://www.skateisi.com).

### Winter 2022/2023 SESSION DATES:

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Mondays: 12/5, 12/12, 12/19, ~~12/26~~, ~~1/2~~, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13

#### Alpha: \$99

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.

Alpha A ..... Sundays..... 5:15-5:45pm

Alpha B..... Mondays ..... 7:00-7:30pm

#### Beta: \$99

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.

Beta A ..... Sundays..... 5:15-5:45pm

Beta B..... Mondays ..... 7:00-7:30pm

#### Gamma/Delta: \$99

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.

Gamma/Delta A ..... Sundays..... 5:15-5:45pm

Gamma/Delta B ..... Mondays ..... 7:00-7:30pm

#### Future Stars: \$104

To begin class all skaters will have a full ice warm-up and then skaters will be split into small groups of similar level to work on jumps, spins, turns and edges. Class size is limited to eight skaters.

Junior Club.....Sundays .....5:45-6:15pm

#### Jump & Spin Off Ice Class: \$95

Class focuses on level appropriate jumps and spins for skaters who have passed Alpha through Freestyle 6. Skaters are split to work on their appropriate level. Class will vary each session covering strength & conditioning, body alignment, balance, jump and spin exercises and some individual harness practice. Come to class wearing athletic/skating attire and athletic footwear.

Jump & Spin.....Sundays .....7:00-7:30pm

#### Freestyle 1-8: \$99

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.

Freestyle 1-8.....Sundays .....6:15-6:45pm