

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



The Cottage Grove Ice Arena will pay the yearly fee for participants enrolled in level Beta and higher and Team Compulsory Skaters.

### 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 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.

### How to Register

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

- Register online at [www.cottagegrovemn.gov](http://www.cottagegrovemn.gov)
- Call us at 651.458.3400
- Stop by the office/Mail at 8020 80th St. So.

# Skate Sessions

## WINTER

- Stick & Puck
- Open Skate
- Cosmic Skate



All sessions require pre-registration.

### Ice Arena Safety Updates

Multiple hand sanitizer stations are placed in the arena  
Please do not gather in groups

Restrooms will be cleaned and disinfected every 3hrs

Customers should arrive no earlier than 10 minutes prior

Skaters should arrive to the rink with most of their gear on to limit the amount of time in the locker rooms

Skaters 10 and younger are only allowed to be accompanied by one adult during their activity

User groups must adhere to the locker room schedule and sit on X's on benches in locker rooms.



Anyone entering the Ice Arena must follow the mandate as of July 25, 2020 and wear a mask.

Skaters must wear a mask until they are on the ice.



## Visitor and Employee Health Screening Checklist

Have you had any of the following symptoms since your last day at work or the last time you were here that you cannot attribute to another health condition?

Please answer "Yes" or "No" to each question. Do you have:

- Fever (100.4 F or higher), or feeling feverish?
- Chills?
- A new cough?
- Shortness of breath?
- A new sore throat?
- New muscle aches?
- New headache?
- New loss of smell or taste?



# Cottage Grove Ice Arena Skating School Winter 2020



Cottage Grove Ice Arena  
8020 80<sup>th</sup> Street South  
Cottage Grove, MN

651-458-3400

[www.cottagegrovemn.gov](http://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
- Identify your coach and designated lesson area on the ice according to your nametag color

### Level 2 - \$80

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 - \$80

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

### Level 4 - \$80

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

### Skating Tots & Learn to Skate Level 1- \$60

Two sessions of the same class will be held on Thursdays

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 off the ice/stand up, putting mittens back on, adjusting helmets, etc.

This class is for skaters ages 4-7; who have never skated before or have minimal skating experience. They will play games as they develop skills needed to balance and move across the ice, learn the proper way to fall and get up, hopping and how to make A's and V's.

## Advanced Skating Lessons

### Alpha - \$90

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

### Beta - \$90

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

### Gamma - \$90

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

### Delta - \$90

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

### Freestyle - \$100

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

### Ice Dance - \$100

Skaters who have completed Gamma will learn the basics of ice dance patterns and partner positions while skating to ballroom music.

### Team Compulsory - \$198

Tryouts are held each fall to determine teams and paid for each season.

## 2020 Winter Lesson Dates & Class Times

### Sundays

**Dec 6, 13, 20, Jan 3, 10, 17, 24, 31, Feb 7**

4:15-4:45pm Level 2 & 3

4:45-5:15pm Level 4 & Alpha

### Sundays

**Dec 6, 13, 20, Jan 3, 10, 17, 24, 31, Feb 7**

6:00-6:45pm Ice Dance

6:45-7:45pm Team Compulsory

### Mondays

**Dec 7, 14, 21, Jan 4, 11, 18, 25, Feb 1, 8**

6:00-6:30pm Level 2 & 3

6:30-7:00pm Level 4 & Alpha

7:00-7:30pm Beta, Gamma & Delta

7:30-8:15pm Freestyle

### Thursdays: An adult must be on the ice

**Dec 3, 10, 17, Jan 7, 14, 21, 28, Feb 4**

5:45-6:10pm Tots & Level 1 Group A

6:20-6:45pm Tots & Level 1 Group B

### 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 in two month increments.; ice will be cancelled if there are less than four skaters, five days prior to the session. Registration closes 24hr prior to session.