

Skating Lessons

Ice skate lessons are available for all ages and abilities. There is something for everyone! We are certain you will enjoy your lessons with our staff including two time Olympian Cindy Kauffman-Marshall. Beginning with the first forward stroke to the more advanced spins and jumps, the excitement grows. Learn new moves or fine tune your skills. Several sessions and times are available. You choose!

LESSON DESCRIPTIONS

<u>Tikes</u>	Ages 4-6 All levels. Learn falling down, getting up, forward & backward swizzles and stops. HELMET REQUIRED.
<u>Level 1</u>	Beginners 6 & up. Forward skating, forward and backward swizzles, one foot glides and snow plow stops.
<u>Level 2</u>	Ages 6 & up. Continue forward skating, begin forward crossovers, and begin backward skating
<u>Level 3</u>	Ages 6 & up. Continue backward skating; begin back crossovers & T-stops
<u>Level 4</u>	Ages 6 & up. Forward 3-turns (outside and inside), Mohawk turns & hockey stops.
<u>Level 5</u>	Ages 6 & up. Forward edges, lunges, bunny hops and spirals.
<u>Level 6</u>	Ages 6 & up. Backward edges, jumps and spins.
<u>Adults</u>	Ages 16 and up. Beginner and intermediate classes with a focus on fun and fitness. Wednesdays from 5:30pm – 6:30pm.
<u>Hockey</u>	Ages 8 and up. Basic power skating and drills. Wednesdays from 6:30pm – 7:30pm

Session 1 **Fee: \$39**

3 weeks of class December 3rd – 20th

Session 2 **- Fee: \$78**

6 weeks of class January 7th – February 12th.

Session 3 **- Fee: \$65**

5 weeks of class January 18 – March 9th.