

LEARN TO SKATE LESSONS

WINTER 2024



ICE EXPLORERS (2-3 YEARS OLD)

This program is for 2-3 year olds as an introduction prior to Snowplow Sam 1 classes. 20 Minute Class. Weeks 1-3 will be conducted OFF ice, focused on balance, coordination & activities; Weeks 4-8 will be ON ice focused continued balance, skills & constructive play. Additional details on Lakeville Arenas website. Cost \$50.

PALS: PARENTS AND LITTLE SKATERS (3-5 YEARS OLD)

Follows Snowplow Sam curriculum for little skaters, parents will learn how to help teach little skaters skating skills. Cost is \$132 for skater & parent.

SNOWPLOW SAM 1-4 (3-5 YEARS OLD)

Designed to develop preliminary coordination and strength necessary to move on skates. Snowplow Sam 1 is for new skaters, not skating independently. Snowplow Sam 2-4 skaters MUST be able to stand, march and glide independently.

PRIVATE LESSONS (6 YEARS OLD & UP)

Hockey, figure skating, or recreational skating. 15 minute private lesson, with 15 minute practice. For skaters of all levels, including adults. Cost is \$100 per skater.

HOCKEY

Fundamentals of hockey skating, skaters will learn to move faster and be more agile on the ice. All elements will be taught without a stick or puck.

HOCKEY 1-2 (6 YEARS OLD & UP)

Work on control, backwards skating and stopping.

HOCKEY 3-4 (6 YEARS OLD & UP)

Designed for skaters who have passed Hockey 2. Work on control, edges, crossovers and stopping.

BASIC SKILLS

(6 years and older) These six levels of the program introduce the fundamental skating moves, forward skating, backwards skating, stops, crossovers, and turns.

BASIC 1 (6 YEARS OLD & UP)

Designed for skaters with little or no skating experience. Will work on forward/backwards skating and stopping.

BASIC 2

Designed for those skaters that have passed Basic 1 or Snowplow Sam 4. Will work on backwards skating, turning and introductions to spins.

FIGURE SKATING

BASIC 3

Designed for those skaters that have passed Basic 2. Will work on backwards, turns, pumps.

BASIC 4, 5, 6

Designed for those skaters that have passed Basic 3. Will work on edges, crossovers and stroking.

PRE-FREESKATE AND FREESKATE

Designed for figure skaters that have passed Basic 6. Will work on footwork, spins and jumps.

FIGURE SKATING FAST

Basic 3 & up. Full Ice, 30 min group lessons, followed by 15 min combined power class. No additional practice. Cost is \$148. **Registration for the new Aspire program will be separate.**

COST & REGISTRATION

Saturdays & Sundays - 8 weeks - \$100.00 (PALS - \$132; Private Lessons - \$100; Figure Skating FAST - \$148; Ice Explorers - \$50)

Registration opens Friday, December 15, 7a.m: lakevillearenas.org/learntoskate
Learn to Skate USA Membership required. Details available through the registration process.

All skaters will receive 3 public skating passes (\$21 value)

Requirements: All participants must wear gloves or mittens. No double blades. Helmets are highly recommended for new skaters and all Snowplow Sam/Hockey Prep/PALS participants.

LEARN TO SKATE SCHEDULE

WINTER 2024

Lakeville Learn to Skate is a member of Learn to Skate USA, and shares the mission to provide a fun and positive experience that will instill a lifelong love of skating.

If your skater has taken lessons previously and you are unsure what class to register for, email the director at LTS@lakevillearenas.org.



Register:
<https://lakevillearenas.sportngin.com/ltswinter>

Level	Saturdays	Sundays
	Jan 6 - March 2, 2024 (8 weeks) - No Lessons Feb 3 8:15 AM - 12:15 PM Hasse Arena, 8525 215th St	Jan 7 - Feb 25, 2024 (8 weeks) 11:45 AM-2:15 PM Hasse Arena, 8525 215th St
Snowplow Sam 1	9:00-9:30 AM Lesson; 9:30-10:00 AM Practice (\$100) 10:15-10:45 AM Lesson; 10:45-11:15 AM Practice (\$100) 11:15-11:45 AM Lesson; 11:45 AM-12:15 PM Practice (\$100)	12:15-12:45 PM Lesson; 12:45-1:15 PM Practice (\$100) 1:15-1:45 PM Lesson; 1:45-2:15 PM Practice (\$100)
Snowplow Sam 2-4	9:00-9:30 AM Lesson; 9:30-10:00 AM Practice (\$100) 10:15-10:45 AM Lesson; 10:45-11:15 AM Practice (\$100) 11:15-11:45 AM Lesson; 11:45 AM-12:15 PM Practice (\$100)	12:15-12:45 PM Lesson; 12:45-1:15 PM Practice (\$100) 1:15-1:45 PM Lesson; 1:45-2:15 PM Practice (\$100)
PALS	9:30-10:00 AM Lesson; 9:00-9:30 AM Practice (\$132)	1:15-1:45 PM Lesson; 1:45-2:15 PM Practice (\$132)
Basic 1	9:30-10:00 AM Lesson; 9:00-9:30 AM Practice (\$100) 11:45 AM-12:15 PM Lesson; 11:15-11:45 AM Practice (\$100)	12:45-1:15 PM Lesson; 12:15-12:45 PM Practice (\$100)
Basic 2	9:30-10:00 AM Lesson; 9:00-9:30 AM Practice (\$100) 11:45 AM-12:15 PM Lesson; 11:15-11:45 AM Practice (\$100)	1:45-2:15 PM Lesson; 1:15-1:45 PM Practice (\$100)
Basic 3	8:15-9:00 AM Lesson - FIGURE SKATING FAST (\$148) 11:45 AM-12:15 PM Lesson; 11:15-11:45 AM Practice (\$100)	1:45-2:15 PM Lesson; 1:15-1:45 PM Practice (\$100)
Basic 4-5-6	8:15-9:00 AM Lesson - FIGURE SKATING FAST (\$148)	1:45-2:15 PM Lesson; 1:15-1:45 PM Practice (\$100)
Pre-Freeskate/ Freeskate	8:15-9:00 AM Lesson - FIGURE SKATING FAST (\$148)	1:45-2:15 PM Lesson; 1:15-1:45 PM Practice (\$100)
Hockey 1	10:45-11:15 AM Lesson; 10:15-10:45 AM Practice (\$100)	12:45-1:15 PM Lesson; 12:15-12:45 PM Practice (\$100)
Hockey 2	10:45-11:15 AM Lesson; 10:15-10:45 AM Practice (\$100)	12:45-1:15 PM Lesson; 12:15-12:45 PM Practice (\$100)
Hockey 3-4	10:45-11:15 AM Lesson; 10:15-10:45 AM Practice (\$100)	12:45-1:15 PM Lesson; 12:15-12:45 PM Practice (\$100)
Private Lessons	N/A	11:45 AM-12:15 PM (15 min Lesson, 15 min Practice) (\$100)
Ice Explorers	N/A	11:45 AM-12:05 PM (no practice) (\$50)



SKATE TO A BRIGHTER FUTURE.

THE LESSONS LEARNED IN ICE SKATING ARE ALSO LESSONS IN LIFE. THE CONFIDENCE AND JOY YOU SEE YOUR KIDS GAIN TODAY WILL BECOME THE GREATNESS YOUR KIDS ACHIEVE IN THE WORLD TOMORROW.