

2019 – 2020 ANOKA AREA ICE ARENA “LEARN TO SKATE” SCHOOL

FALL SESSION: Register by October 20, 2019

Beginner: October 26, November 2, 9, 16, 23, December 7, 14, 21 (No class Nov 30)

Class introduces basic skating skills where they will skate independently. Class will build confidence, agility, balance and coordination while learning through playing games. Helmets are strongly recommended along with gloves/mittens.

12:50 – 1:50pm. Includes lesson and practice time. Cost is \$70 for 8 week session

Intermediate: October 26, November 2, 9, 16, 23, December 7, 14, 21 (No class Nov 30)

Class develops fundamental skating skills including (but not limited to) forward and backward swizzles, glides, turns and stops. If skater masters those items the class will also progress to stroking, edges, crossovers, stops, and advanced steps. *Advanced skaters will progress through levels more quickly and taught more specialized skills.

12:50 – 1:50pm. Includes lesson and practice time. Cost is \$70 for 8 week session

Hockey 1 & 2: October 26, November 2, 9, 16, 23, December 7, 14, 21 (No class Nov 30)

Teach the fundamentals of hockey skating. Proper skating techniques for the game of hockey are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals to be successful in hockey practices. Helmet, gloves, and stick required.

12:50 – 1:50pm. Includes lesson and practice time. Cost is \$70 for 8 week session

WINTER SESSION: Register by December 28, 2019

Beginner: January 4, 11, 18, 25, February 1, 8, 15, 22

Class introduces basic skating skills where they will skate independently. Class will build confidence, agility, balance and coordination while learning through playing games. Helmets are strongly recommended along with gloves/mittens.

12:50 – 1:50pm. Includes lesson and practice time. Cost is \$70 for 8 week session

Intermediate: January 4, 11, 18, 25, February 1, 8, 15, 22

Class develops fundamental skating skills including (but not limited to) forward and backward swizzles, glides, turns and stops. If skater masters those items the class will also progress to stroking, edges, crossovers, stops, and advanced steps. *Advanced skaters will progress through levels more quickly and taught more specialized skills.

2:00-3:00PM. Includes lesson and practice time. Cost is \$70 for 8 week session

Hockey 1 & 2: January 4, 11, 18, 25, February 1, 8, 15, 22

Teach the fundamentals of hockey skating. Proper skating techniques for the game of hockey are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals to be successful in hockey practices. Helmet, gloves, and stick required.

2:00-3:00PM. Includes lesson and practice time. Cost is \$70 for 8 week session

GENERAL INFORMATION

1. **Skating Attire:** Dress in layers that allow movement. Helmets are strongly recommended for beginner skaters. Mittens/Gloves recommended for all skaters.
2. **Skates:** Recommend skates of leather rather than vinyl. Model plastic work for beginner skaters. Double runners are not permitted on the ice.
3. PRACTICE LIMITED ONLY TO SKATING SCHOOL STUDENTS. NO FRIENDS OR PARENTS IN PRACTICE AREA.
4. Skaters will be broken out by ability and if progress more quickly will be moved accordingly. Contact Director for questions, LearnToSkate@AnokaIceArena.com
5. If you wish to talk to the Director, call the Arena office (763-427-8163) and leave your name, skater's name, class and phone number.

2019 - 2020 REGISTRATION FORM

Skaters Name _____ Age _____ M _____ F _____ Birthdate _____

Address _____ City/State/Zip _____

E-Mail _____ Phone Number _____

Check Class registering for: Beginner Intermediate Intermediate/Advanced Hockey 1 & 2

Amount Paid _____ Date Paid _____ Parent/Guardian Signature _____

The applicant agrees that the Anoka Area Ice Arena Skating School, its teachers and director will not be held responsible for any accidents or losses however caused and agree to release all parties involved from claims or damages which may arise as a result or by reason of such accident.

Make Checks Payable to AAIA (A Private Non Profit Organization). Mail or drop off to:

Anoka Area Ice Arena – Main Office/Rink 2

4111 7th Ave N, Anoka MN 55303

Phone 763-427-8163 www.AnokaIceArena.Com

This event, class, activity or matter is not sponsored or endorsed by Anoka- Hennepin School District #11 and is not printed at District Expense.