



Learn To Skate

Waconia Skate School

Explore Ice Skating

Winter 2019: January 5 – February 27

8-week program; all sessions are 30 minutes

Class Fee: \$67

Registration opens December 5th and 8th

Register at Waconia Ice Arena or online at

<https://apm.activecommunities.com/cityofwaconia>

Learn To Skate Lessons

Group lessons are considered the first step towards becoming any type of skater including recreational, hockey, or competitive figure skater. Waconia Ice Arena offers a **Basic Skills** program which is available for beginner to intermediate skaters ages 4 and older. Classes offered two different days of the week as a convenience to your busy schedules. Arrive early to check in.

Skate Rental

Skate rentals available for \$3.00 each session (sizes 8 for children through adults).

Registration Procedures

Registrations can take place online at <https://apm.activecommunities.com/cityofwaconia> or in person at the Waconia Ice Arena during weekend open skate hours. Registrations are not accepted on the first day of the session. Those registering after the start date are not subject to prorating. This policy is necessary to prevent late registrations and allows adequate time for hiring of staff. Keep in mind that it's common for children to repeat a level several times before advancing to the next level. Attendance at all sessions is important for your child to learn new skills. **Registration deadlines:** One week prior to the start of lessons or until spaces fill.

Wednesday

January 9 - February 27

Class	6:00pm
5778	Snow Plow Sam 1 (Ages 4-7)
5780	Snow Plow Sam 2 (Ages 4-7)
6:30pm	
5776	Sam 3/Beginner LTS (Ages 4 & up)
5774	Intermediate LTS (Ages 5-15)
5772	Advanced LTS (Ages 5-15)

Saturday

January 5 – February 23

Class	1:15pm
5779	Snow Plow Sam 1 (Ages 4-7)
5781	Snow Plow Sam 2 (Ages 4-7)
1:45pm	
5777	Sam 3/Beginner LTS (Ages 4 & up)
5775	Intermediate LTS (Ages 5-15)
5773	Advanced LTS (Ages 5-15)



Helmets highly recommended for all, Beginner classes, bicycle helmets ok. Remember mittens and warm jacket.

For more information, call Waconia Skate School Learn to Skate Coordinator Kristie @ (612) 237-9946 or sk8klmitchell@aol.com

Classes may be combined or cancelled if class minimums are not met.

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Snowplow Sam Program

The Snowplow Sam levels are introductory classes divided into three progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children six and younger develop the ABCs of movement – Agility, Balance, Coordination and speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

12:1 ratio except Snow Plow Sam 1 which is 8:1

Snowplow Sam 1 (ages 4-7)

- A. Sit and stand up with skates on – off-ice
- B. Sit and stand up – on-ice
- C. March in place
- D. March forward (8-10 steps)
- E. March, then glide on two feet
- F. Dip in place

Snowplow Sam 2 (ages 4-7)

- A. March followed by a long glide
- B. Dip while moving
- C. Backward walking, toes turned inward, shifting weight (4-6 steps)
- D. Backward wiggles (6 in a row)
- E. Forward swizzles (2-3 in a row)
- F. Beginning snowplow stop motion – in place or holding onto barrier
- G. Two-foot hop, in place (optional)

Snowplow Sam 3 (ages 4 and up)

- A. Forward skating (8-10 strides)
- B. Forward one-foot glide, two times skater's height (R and L)
- C. Forward swizzles (4-6 in a row)
- D. Backward swizzles (2-3 in a row)
- E. Moving forward

Basic Learn to Skate Skills

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speedskating. Three progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN, and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

Beginning Learn to Skate (ages 4 and up) (Basic 1-2)

New or beginning skaters ages 8-15. Primary focus to introduce forward skating, forward two foot glide and forward bubbles.

Intermediate Learn to Skate (Basic 3-4)

Skaters who have completed Beginning LTS, Snow Plow Sam 3 or are able to move across the rink forward and backward in a gliding motion and can balance moving forward on 1 foot. Primary focus to develop forward skating, stops, backward skating, build strength and balancing on one foot to prepare for crossovers.

Advanced Learn to Skate (Basic 5-6)

Skaters who have completed Pre Alpha, Intermediate LTS, or are able to skate forward, backwards and glide forward on 1 foot proficiently. Primary focus to develop forward crossovers, introduce backward crossovers and turns.

