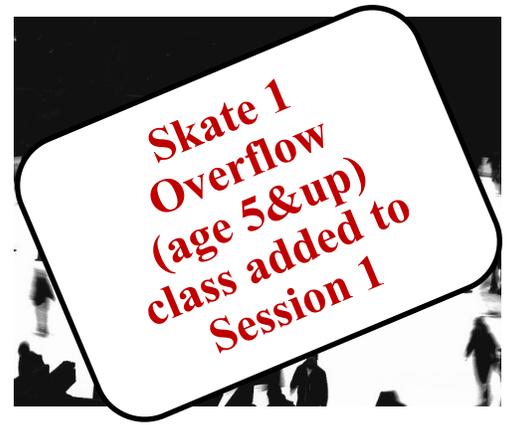


Learn to Skate



Fall 2020 Beginning Ice Skating Classes



Learn to Skate is a year-round skating program for beginners that are looking to develop basic skating skills and have fun. These classes help all skaters learn basic technique and enjoy the sport of figure skating and hockey. Our LTS Program can lead to either improved recreational skating or the development of skills needed to achieve higher team, competitive and advance testing goals. Classes are taught by Cottonwood Heights Recreation Center's qualified skating staff to ensure proper learning and to have a **safe** and **fun** experience for all ages and abilities.

New Skate 1 Procedures this Season

Because off-ice (dryland) exercises have been shown to increase a student's on-ice success—
On the first day of class, **Skate level 1** students will be introduced to their skills off-ice (dryland), first. Instruction regarding proper skate sizing and lacing will follow. After students' skates are properly laced, the class will, again, walk-through their skills (in skates) on the floor.
Once off-ice skill proficiency is achieved, the class will proceed out on to the ice.

6 classes. Levels for ages 5 & up available

Fall Session I

Wednesdays 6:00pm-6:30pm

OR 6:30pm-7:00pm

Sept 9, 16, 23, 30, Oct 7 & 14

REGISTRATION RATES:

Member-\$55 Non-Member-\$60

*Includes 30-minutes of Instruction, skate rental and 6 **FREE** public skating sessions!

\$5.00 late fee when registering the first day of class

6 classes. Levels for ages 5 & up available

Fall Session II

Wednesdays 6:00pm-6:30pm

OR 6:30pm-7:00pm

Oct 21, 28, Nov 4, 11, 18 & Dec 2



Learn to Skate

Specialty Skating Classes



Aspire Academy Classes

Advanced group lessons for those who have passed Skate level 5

Our Cutting Edge & Intro to Free Skate programs have been combined to become "Aspire Academy"!

The US Figure Skating Aspire program is the bridge between Learn to Skate group classes and local club & US Figure Skating membership. Our program is designed to offer skaters a comprehensive package program in a supportive group training environment—from the dryland "National Dynamic Warm-up" to spin pyramid building blocks, skaters will learn proper skill progression, champion training techniques, how to navigate on a freestyle session and practice on their own, while sampling different figure skating opportunities and fine tuning their fundamental skating skills. Parents will be provided with the information and resource materials needed to help support their aspiring figure skater on their skating journey.

Classes are held on Saturdays from 9:00am-10:00am

Fall Session-10 weeks

Starts Saturday, September 19th

*Attitude * Sportsmanship * Perseverance * Integrity * Respect * Effort*

Aspire Academy Registration Rates:

Member-\$125

Non-Member-\$130

*Includes 30-minutes of Instruction, 30-minutes of supervised warm-up/cool-down and practice time, skate rental, resource materials and 10 **FREE** public skating sessions!

\$5.00 late fee when registering the first day of class

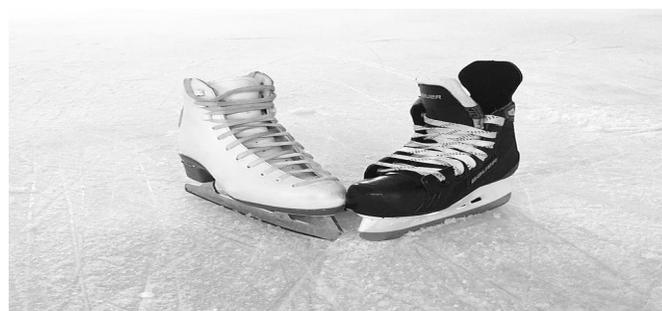
Adult Learn-to-Skate

An introduction to the beginning skating skills with an emphasis on fitness and FUN! This class provides an opportunity for couples to learn & skate together.

Classes are held on Saturdays from 9:00am-10:00am

Fall Session-8 weeks

Starts Saturday, September 19th



Adult LTS Registration Rates:

Member-\$80

Non-Member-\$85

*Includes 30-minutes of Instruction, 30-minutes additional practice time following the group lesson, skate rental & 8 **FREE** public skating sessions

\$5.00 late fee when registering the first day of class


COTTONWOOD HEIGHTS
ICE ARENA