

Learn to Skate

Beginning Figure Skating & Hockey



Summer 2019

Come inside to beat the heat this summer! Learn-to-Skate is a year-round skating program for beginners that are looking to develop basic skating skills and have fun. 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.

Afternoon Sessions

All levels for ages 3 & up available.

Classes meet **Mondays and Wednesdays from 12:30pm-1:00pm**

Summer Session #1 June 17-July 10

Jun 17, 19, 24, 26, Jul 1, 3, 8 & 10

Summer Session #2 July 15-August 7

Jul 15, 17, 22, 29, 31, Aug 5 & 7

NO classes will be conducted July 24th

SUMMER 2019 REGISTRATION RATES:

MEMBER: \$70

NON-MEMBER: \$75

Registration includes 30-min of Instruction, skate rental and 8 **FREE** public skate sessions.
\$5.00 late fee when registering on the first day of class.

Wednesday Evening Session

All levels for ages 3 & up available.

Classes meet on **Wednesdays from 6:15pm-6:45pm**

June 19-August 7

Jun 19, 26, Jul 3, 10, 17, 31, & Aug 7

NO classes will be conducted July 24th

SUMMER 2019 REGISTRATION RATES:

MEMBER : \$70

NON-MEMBER: \$75

Registration includes 30-min of instruction, skate rental and 8 **FREE** public Skate sessions.

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

Summer Cutting Edge Specialty Skating Classes

Advanced group lessons for those that have passed the Skate 5 skills test. This class offers parents and skaters a better look at what the sport of figure skating involves and how to transition into private lessons and club membership.

**Classes meet on Wednesdays from
5:15pm-6:15pm**

June 19—August 7

Jun 19, 26, Jul 3, 10, 17, 31 & Aug 7

NO class will be conducted on July 24th

CUTTING EDGE REGISTRATION RATES:

MEMBER: \$85

NON-MEMBER: \$90

Registration includes 30-min instruction, 30-min individual practice time, skate rental and 8 **FREE** public skate sessions.

\$5.00 when registering on the first day of class

Summer Adult Class-Saturdays 10:15am—11:15:am
with an emphasis on FUN and fitness!

Cottonwood Heights Recreation Center's **Future Champions Ice Skating Camp 2019**

Part of Cottonwood Heights Recreation Center's "Kick-off to Summer Skating Camp" the "Future Champions" Ice Skating Camp will focus on skaters new to the sport. This 3-day camp is open to skaters who have completed one session of Skate 3 through Cutting Edge 2 with an emphasis on fun and the development & improvement of each skater's skills through a variety of specialty on and off-ice classes. Skaters will be split into skill levels, so they may get the most out of their experience.

Future Champions Ice Skating Camp dates:

Monday, June 10 8:15am—12:30pm

Wednesday, June 12 8:30am—12:30pm

Friday, June 14 8:30am—12:30pm

Registration Rates:

\$90.00 for Members

\$100.00 for Non-Members

Registration includes: All instruction, ice time, skate rental (if needed), skating handouts and additional training materials.

Additional items for participants to bring: Skating or Athletic attire, Sweatshirt or Jacket, Gloves, Tennis shoes, exercise mat (if possible), Water Bottle, Healthy Lunch or Snacks and Skates (skate rental available at no additional cost).

Some of the fun classes being offered:

- US Figure Skating's National Dynamic Off-Ice Warm-up & Cool-Down
- Beginning Moves in the Field class
- Beginning Spin class
- Beginning Jump class
- Stroking class
- "Compete USA" Compulsory Moves class
- On-Ice Performance and Execution Principles
- Overview of the US Figure Skating Test Structure & "Compete USA" Program

11:00am Freestyle session admission on Monday & Wednesday is included in the cost of registration. Skaters can use this time to practice what they have learned in camp; 20-minute one-on-one Private Lessons may be scheduled for an additional fee; Private Lessons must be set-up through CHRC Skating Coordinator, Kathy Valburg at Kathy@cottonwoodheights.com

Parents meeting & camp wrap-up session Friday, June 14th from 11:00am—12:30pm