

# Learn to Skate



## Winter and Spring 2021 Beginning Skating for Figure Skating & Hockey



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 progression and to have a **safe** and **fun** experience for all ages and abilities.

### Winter Session I

6 classes. All levels for ages 8 and up available  
Schedule subject to change

**Wednesdays 6:00-6:30pm**

**OR 6:30-7:00pm**

Jan 6, 13, 20, 27, Feb 3 & 10

### Winter Session II

6 classes. All levels for ages 8 and up available  
Schedule subject to change

**Wednesdays 6:00-6:30pm**

**OR 6:30-7:00pm**

Feb 17, 24, Mar 3, 10, 17 & 24

### Spring Session

6 classes. All levels for ages 8 and up available  
Schedule subject to change

**Wednesdays 6:00-6:30pm**

**OR 6:30-7:00pm**

April 14, 21, 28, May 5, 12 & 19

### January is "National Skating Month"



#### Registration Rates:

**Member \$55    Non Member \$60**

Registration includes 6 classes, 30-min of instruction, skate rental and 6 FREE public skating admissions.

\$5.00 late fee for same day registration

Sign-up online at  
[www.cottonwoodheights.com](http://www.cottonwoodheights.com)



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## Specialty Skating Classes



### Aspire Academy Classes

*Advanced group lessons for those who have passed Skate level 5*

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 and parents 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 the skating journey.

*Classes are held Saturday mornings from 9:00am—10:00am*

#### Winter Session - 10 Weeks

Starts Saturday, January 9th

*Schedule subject to change*

#### Spring Session - 6 Weeks

Starts Saturday, April 17th

*Schedule subject to change*

### Aspire Academy Registration Rates:

#### 10-week Winter Session

**Member -\$125    Non-Member-\$130**

#### 6-week Spring Session

**Member-\$75    Non-Member \$80**

Registration includes 30-min of instruction, 30-min of supervised warm-up/cool-down and practice time, skate rental , resource materials and 1 **FREE** public skate session admission per class!

*\*\$5.00 late fee for same-day registration*

### 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*

#### Winter Session-8 weeks

Starts Saturday, January 30th

*Schedule subject to change*

### Adult LTS Registration Rates:

**Member-\$80    Non-Member-\$85**

Includes 30-min of instruction, 30-min additional practice time following the group lesson, skate rental & 8 FREE public skate session admissions

*\*\$5.00 late fee for same-day registration*