

# LEARN TO SKATE



Fall 2022

## LEARN-TO-SKATE

COTTONWOOD HEIGHTS RECREATION CENTER

## 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.

### Wednesday Evening Classes

Session	Dates	Times	Member	Non-Member
Fall I 6-weeks	Sep 7, 14, 21, 28, Oct 5 & 12 Registration Opens 8/15/22	5:45-6:15pm <u>OR</u> 6:15-6:45pm	\$55	\$65
Fall II & Winter Show* 8-weeks	Oct 19, 26, Nov 2, 9, 16, 30, Dec 7 & 14 Registration Opens 10/10/22 <i>*Includes participation in the 2022 Winter Ice Show</i>	5:45-6:15pm <u>OR</u> 6:15-6:45pm	\$75	\$85

*Schedules subject to change*

Registration includes 30-min of instruction, skate rental, and one **FREE** public ice skating admission per class. A \$5 late fee applies to same day registrations.

## \*2022 Winter Ice Show

*Performance Date: December 15th 5-8pm*

Each December the Cottonwood Heights Figure Skating puts on a winter ice skating show for the public. This year, all skaters that register for our Fall II LTS session will show off their skating skills by learning a short group routine performed to music of the season in class. Each skater will receive two complimentary ice show tickets.

For more information about the 2022 Winter Show contact [kathy@cottonwoodheights.com](mailto:kathy@cottonwoodheights.com)

Find complete program information and register online via

**CottonwoodHeights.com/ice**



### Questions?

Kathy Valburg

Coordinator, R&F Department

801-943-3190 ext. 162

[kathy@cottonwoodheights.com](mailto:kathy@cottonwoodheights.com)



# LTS - Specialty 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 their skating journey.

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

*Fall & Winter Show Session - 10 Weeks*

*Starts Saturday, Sep 24*

*Registration Opens 8/15/22 Schedule subject to change*

### **10-week Aspire Academy Fall & Winter Show Session Rate**

**Member-\$80**

**Non-Member-\$90**

Registration includes 45-min of instruction, 15-min supervised warm-up/cool-down or practice time, group program choreography, a simple costume to wear for the Winter Show performance, two complementary ice show tickets, skate rental, resource materials and one **FREE** public skate admission per class.

A \$5.00 late fee applies to same day registrations.

## Adult Learn-to-Skate Classes

*For ages 18 & up*

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 Saturday mornings from 9:00am—10:00am***

*Fall Session - 8 weeks*

*Starts Saturday, Sep 24*

*Registration Opens 8/15/22 Schedule subject to change*

### **8-week Fall Adult LTS Session Rate**

**Member-\$80**

**Non-Member-\$90**

Registration includes 30-min of instruction, 30-min additional practice time before or after the group lesson, skate rental and 1 **FREE** public skate admission per class. A \$5.00 late fee applies to same day registrations.



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# LTS - Specialty Classes

## Small & Tall Classes

### Parent & Tot Classes

This is a great beginning class for children ages 3-5 and Parents alike! This specialty class combines children, with the assistance of an accompanying Adult, while learning the basics of skating together with an emphasis on FUN!

**Classes are held on Thursdays from 1:00pm—1:30pm**

Fall Session - 6 Weeks

Starts Thursday, Oct 6

Registration Opens 8/15/22 Schedule subject to change

### 6-week Fall Small & Tall Session Rate

**Member-\$60**

**Non-Member-\$70**

For ages 3-5, plus one Adult at no additional cost. Registration includes 30-min of instruction, 30-min additional practice time before the group lesson, skate rental and one **FREE** public skate admission per class. A \$5.00 late fee applies to same day registrations.

## Afternoon Learn-to-Skate Classes

### Beginning Levels ONLY—for ages 5 and up

A great option for those taking online classes or being home-schooled.

**Classes are held Thursdays from 12:30pm—1:30pm**

Fall Session - 6 weeks

Starts Thursday, Oct 6

Registration Opens 8/15/22 Schedule subject to change

### 6-week Fall Afternoon LTS Session Rate

**Member-\$60**

**Non-Member-\$70**

Registration includes 30-min of instruction, 30-min additional practice time before or after the group lesson, skate rental and 1 **FREE** public skate admission per class. A \$5 late fee applies to same day registration.



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