



SPRING 2019 INFORMATION

March 16 – April 27, 2019

NO CLASSES APRIL 13

Saturday Class Schedule **

9:30-10:00	Little Folks	Pre Alpha	Beginner
10:00-10:30	Little Folks	Alpha	Beta / Gamma
10:30-11:00	Little Folks	Delta / Freestyle	Beginner

****Subject to change due to enrollment**

Class Description

Beginner Level	Little or no skating experience
	Little Folks 1 Ages 3-5
	Little Folks 2 Ages 3-5 who have passed Little Folks 1
	Beginner Age 6 and up
Pre Alpha	Skaters that are able to move on their own with some speed and flow
	Forward Skating and stopping cover
Alpha	Skills for this level: Forward stroking forward crossovers snowplow stop.
Beta	Skills for this level: Backward crossovers, backward stroking and T-stops
Gamma	Skills for this level: Forward outside 3 turns, hockey stop and Mohawks
Delta	Skills for this level: Forward inside 3 turn, forward edges, lunges, bunny hops
Freestyle	Focus on learning the basic footwork, jumps and spins from ISI Freestyle 1-10

Helpful Information

Questions

Email ~ bladesnmotion@comcast.com

Call ~ 651-283-4467

Rink Location

Doug Woog Arena

141 6th Street South

South St Paul, MN 55075

Refund & Make-up Policy

After the first week of a session there will be no refunds granted.

NO makeup lessons.

Skating Attire and Safety

- Dress your skater in layers that are warm, comfortable and allow freedom of movement
- Mittens and gloves required for skaters 5 & under and recommended for all others
- Stocking Caps provide warmth and some head protection
- Helmets are required for skaters 5 & under. The helmet must cover the back of the head.**

Skates

- We recommend skates of leather rather than vinyl or molded plastics
FYI: Above is only a recommendation not a requirement!
- Blades should be properly sharpened
- Double runners are not accepted
- Doug Woog Arena does have rental skaters for the fee of \$2.00 per time

Skater Evaluation

Skaters will be assessed the first week of class to ensure they are properly placed. Full evaluation on the last day of session will determine level and recommendation for future class placement.

If you are questioning the best choice of class for your skater please call or email for help with class selection.

Local Skate Retailers

To buy new or used contact~

Westwood Sports

14805 Granada Ave
Apple Valley, MN 55124
952-431-5590

Pierce Skate & Ski

208 West 98th Street
Bloomington, MN 55420
952-884-1990

Strauss Skates

1751 Cope Ave E
Maplewood, MN 55109
651-770-1344

Play it Again Sports – multiple locations

Dick's Sporting Goods – multiple locations