



Winter 2012 Ice Skating Registration Opens On-Line 11/9/2011
at www.dakotahsport.com Phone: 952 496 6868
Deadline - 1/4/2012

Skate Dakotah's professional staff of instructors custom tailors group lessons to the individual skater's needs. Each skater is assigned to a class on the basis of skills demonstrated. After an on-ice assessment during initial lessons, the skater is placed in the most appropriate class available. Here the instructor teaches elements of skating appropriate for the class' skill level. Skaters earn badges as they complete each set of skills. Each class level requires completion of several badges and therefore must be taken more than once. Skills taught in each class build on skills learned in the previous class. The curriculum (listed below with each class) is designed to allow the skater to achieve one badge at each session skated. Our goal is for skaters to have fun while learning to skate in a safe and pleasant environment.

Skate Dakotah! Lessons include practice time in the half-hour before or after each lesson.

Total time for each daily session will be one hour.

Only enrolled skaters will be allowed in the practice area.

Parent & Little Skater (PALS) - For children age 3.

- **Five Badges Earned:** Lollipop-1, Candy Cane-2, Peppermint Twist-3, Lemon Drop-4, Jaw Breaker-5.
- **For children age 3 and an adult (parent, grandparent, etc.).** Adult and child attend class together, learning skating elements. Adult is taught how to teach child to skate. Curriculum similar to Critters Can Skate.
- **Skills taught:** Fall, get up, stand, walk, march, glide, table top, frog hop, beetle, backward wiggle, stop, dip. All skills are taught initially with the adult assisting the child, and then with the child skating independently.
- **Goal:** Children age three become **INDEPENDENT FROM PARENT** on the ice.
- **Prerequisite:** None **Fee:** \$103.00/members \$132.00/non-members

Option 1 Date: 1/9/12-2/27/12 **Day:** Monday **Lesson Time:** 10:00-10:30 a.m. **Practice Time:** 10:30-11:00 a.m.

Option 2 Date: 1/9/12-2/27/12 **Day:** Monday **Lesson Time:** 6:40-7:10 p.m. **Practice Time:** 6:10-6:40 p.m.

Option 3 Date: 1/7/12-2/25/12 **Day:** Saturday **Lesson Time:** 11:20-11:50 a.m. **Practice Time:** 10:50-11:20 a.m.

Critters Can Skate - For children age 4 and up.

- **Five Badges Earned:** Brave Beetle-1, Fantastic Frog-2, Wiggly Worm-3, Daring Dragon-4, Racer Rabbit-5.
- **For beginner skaters age 4 and up**
- **Skills taught:** Fall, get up, stand, walk, march, glide, table top, frog hop, snowplow stop, beetle, backward wiggle, stop, dip, two-foot spiral, scooter, pivots, forward swizzles, airplane turns, backward skate, forward skate into one foot glide, bunny hops.
- **Goal:** Skater demonstrates an understanding of the **IDEA** of each element, including each step necessary to complete it.
- **Prerequisite:** None **Fee:** \$71.00/members \$92.00/non-members

Option 1 Date: 1/9/12-2/27/12 **Day:** Monday **Lesson Time:** 10:00-10:30 a.m. **Practice Time:** 10:30-11:00 a.m.

Option 2 Date: 1/9/12-2/27/12 **Day:** Monday **Lesson Time:** 6:10-6:40 p.m. **Practice Time:** 6:40-7:10 p.m.

Option 3 Date: 1/7/12-2/25/12 **Day:** Saturday **Lesson Time:** 10:50-11:20 a.m. **Practice Time:** 11:20-11:50 a.m.

Cosmic Skater - Previous lessons required.

- **Six Badges Earned:** Earth-1, Sun-2, Moon and Stars-3, Wind-4, Fire-5, Ice-6
- **For skaters with some figure skating skills, and who have had lessons.**
- **Skills Taught:** Forward glide, stroke, crossovers, one-foot snowplow stop, T-stop, backward swizzles, one-foot glide, pumps, three-turns, forward lunge and spirals, pivots, one-foot spin (4 revolutions), waltz jump, forward inside and outside edges.
- **Goal:** Skater demonstrates understanding of the **FORM** of the elements, including correct body position and edge use
- **Prerequisite:** Completion of Critters Curriculum **Fee:** \$71.00/members \$92.00/non-members

Option 1 Date: 1/9/12-2/27/12 **Day:** Monday **Lesson Time:** 7:40-8:10 p.m. **Practice Time:** 7:10-7:40 p.m.

Crystal Freestyle I - Previous lessons required.

- **Four Badges Earned:** Turquoise-1, Coral-2, Amber-3, Onyx-4
- **Beginning freestyle skating. Experience in lessons required.**
- **Skills Taught:** Backward inside and outside edges; waltz jump and one-foot spin off backward crossovers; spiral into lunge ; half-flip, half-lutz, spilt and toe loop jumps; perimeter stroking, mohawk, inside spread eagle, ten step footwork.
- **Goal:** Skater demonstrates **PRESENTATION** of elements, including correct form and power, using entrance and exit positions.
- **Prerequisite:** Completion of Cosmic Skater Curriculum or equivalent skills. **Fee:** \$71.00/members \$92.00/non-members

Option 1 Date: 1/9/12-2/27/12 **Day:** Monday **Lesson Time:** 7:40-8:10 p.m. **Practice Time:** 7:10-7:40 p.m.

Crystal Freestyle II - Previous lessons required.

- **Seven Badges Earned:** Amethyst-1, Sapphire-2, Topaz-3, Emerald-4, Ruby-5, Diamond-6, Aurora Borealis Pin-7
- **Intermediate freestyle skating. Experience in lessons required.**
- **Skills Taught:** Single salchow, toe walley, mazurka, half loop, stag and flip jumps, jump combination: footwork; back, change-foot, attitude, blur, and camel spins and spin combination; waltz three, power three, waltz eight, back inside three and forward outside three turns; edge pulls.
- **Goal:** Skater demonstrates **PRESENTATION** of elements, including correct form and power, using entrance and exit positions.
- **Prerequisite:** Completion of Crystal Freestyle I or equivalent skills. **Fee:** \$71.00/members \$92.00/non-members

Option 1 Date: 1/9/12-2/27/12 Day: Monday Lesson Time: 7:40-8:10 p.m. Practice Time: 7:10-7:40 p.m.

Hockey Trax I - For children age 4 and up.

- **Five Badges Earned:** Brave Bear-1, Mighty Muskie-2, Ice Otter-3, Snowy Owl-4, Breezer Bobcat-5
- **Hockey skating skills for first time hockey skaters through Rookies.**
- **Skills Taught:** Elementary skating skills, back C-cuts, hhokey, focusing on incockey turns, one-foot snowplow stops left and right.
- **Goal:** Skater demonstrates an understanding of the **IDEA** of each element, including each step necessary to complete it.
- **Prerequisite:** None **Fee:** \$71.00/members \$92.00/non-members

Option 1 Date: 1/9/12-2/27/12 Day: Monday Lesson Time: 7:10-7:40 p.m. Practice Time: 7:40-8:10 p.m.

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Hockey Trax II - Previous lessons required.

- **Four Badges Earned:** Referee Raccoon-6, Goalie Gray Wolf-7, Hat Trick Hedgehog-8, Face Off Fox-9
- **Hockey skating skills for second and third year Mites** or skaters with skill development of Breezer Bobcat Badge
- **Skills Taught:** Focus on edge work and increase strength for power skating.
- **Goal:** Skater demonstrates understanding of the **FORM** of the elements, including correct body positions, balance, speed and edge work.
- **Prerequisite:** Completion of Hockey Tracks I or equivalent skills. **Fee:** \$71.00/members \$92.00/non-members

Option 1 Date: 1/9/12-2/27/12 Day: Monday Lesson Time: 7:10-7:40 p.m. Practice Time: 7:40-8:10 p.m.

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Hockey Trax III - Previous lessons required.

- **Five Badges Earned:** Power Play Panther-10, "Cool Moe" Hawk-11, Hockey Turn T-Rex-12, Breakaway Badger-13, Slap Shot Shark-14
- **Hockey skating skills for fourth year Mites through Squirts**
- **Skills Taught:** Intense edge work, fine tuning of body positioning while doing elements, and increasing speed through turns.
- **Goal:** Skater demonstrates **PRESENTATION** of elements, including correct body position, balance, edge work, speed power and agility
- **Prerequisite:** Completion of Hockey Tracks II or equivalent skills. **Fee:** \$71.00/members \$92.00/non-members

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Option 2 Date: 1/7/12-2/25/12 Day: Saturday Lesson Time: 11:20-11:50 a.m. Practice Time: 10:50-11:20a.m.

Adult Freestyle

- **Skills taught :** Basic skating skills for stroking, backward skating, footwork and spins
- **Goal:** Adult skater learns beginning through advanced recreational figure skating skills. Skater progresses at individual pace within a class.
- **Prerequisite:** None **Fee:** \$71.00/members \$92.00/non-members

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Option 2 Date: 1/9/12-2/27/12 Day: Monday Lesson Time: 7:40-8:10 p.m. Practice Time: 7:10-7:40 p.m.

Adult Hockey

- **Skills taught:** Forward skating, crossovers, back C-cuts, power turns, edgework and drills.
- **Goal:** Adult skater learns beginning through advanced hockey skating skills. Skater progresses at individual pace within a class.
- **Prerequisite:** None **Fee:** \$71.00/members \$92.00/non-members

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***Dakotah! Sport and Fitness also offers Private Skating Lessons.
Coaching is available for Beginner through Senior Competitors.
Adult skating and hockey skills coaching is also available. For more
information on Private Lessons please contact
Kath Porter at katherine.porter08@gmail.com***



Owned and Operated by the Shakopee Mdewakanton Sioux Community

