

Dakotah!

SPORT AND FITNESS

Fall 2010 Online Registration



www.dakotahsport.com

Online Registration Begins:

**Wednesday,
August 11, 2010
9:00 a.m.**



Owned and Operated by the Shakopee Mdewakanton Sioux Community.

Table of Contents

Biggest Loser 7	3	Little Dribblers	3
Break Out Training	7	Online Registration Q & A	10 & 11
Cancellation Policy	2 & 11	SCUBA Training	6
Holiday Hours	2	Skating Lessons	8 & 9
How to Register	10	Swimming Lessons	4 & 5
Indoor Triathlon	7	Turkey Trot 5K	7

Fall/Winter Holiday Hours

Labor Day

Monday, September 6, 2010
5:00 a.m.-7:00 p.m.

Christmas Day

Saturday, December 25, 2010
Closed

Thanksgiving

Thursday, November 25, 2010
5:00 a.m.-12:00 Noon

New Year's Eve

Friday, December 31, 2010
5:00 am-12:00 Noon

Christmas Eve

Friday, December 24, 2010
5:00 a.m.-12:00 Noon

New Year's Day

Saturday, January 1, 2011
12:00 Noon-7:00 pm

Cancellation Policy

Withdrawing from an activity, league or lesson after registering for that event will be handled in the following way:

- Withdrawing from the time of registration to the start of the first event will be assessed a \$10 cancellation fee unless noted otherwise. This procedure may be performed online.
- Withdrawing between the first and second events will be assessed a \$10 cancellation fee and the pro-rated value of the first event. This procedure must be performed by the department manager. Phone numbers are posted on the individual activity headers in this booklet.
- No refund will be issued if withdrawing after the second event.
- Medical refunds will be made with proof of a signed medical statement by a physician. Refund amount will be under the discretion of Dakotah! Sport and Fitness. Please contact the department manager for a medical refund.

**Not sure how to register?
See pages 10 & 11 for details.**

General Registration Information

Registration begins
Wednesday, August 11, 2010
9:00 a.m.

www.dakotahsport.com

Membership has its privileges...

Only Dakotah! Sport and Fitness members and their children will be able to register for activities, leagues, and lessons that require entrance into the club. (Sorry, grandchildren and other extended family are not able to register under a member's account.) Guests of DSF will still be able to participate in our Learn to Skate program, Tim Hanson basketball camps, DSF Indoor Triathlon and the DSF Turkey Trot 5K race.

Register Early and Save!

DSF Members who register on Wednesday, August 11, 2010 between the hours of 9:00 a.m. and 12:00 midnight **save 10% off Swimming Lesson and Learn to Skate registration fees.**

Tim Hanson's Little Dribblers

Tim Hanson's Little Dribblers Basketball Camp (952) 496-6890 or (612) 810-3777

The Little Dribbler's basketball camp is run by Tim Hanson, former U of M basketball player with 18 years of clinic coaching experience. Participants will work on developing fundamental skills as well as learning the rules of basketball. Both boys and girls, members and non-members, ages 5 to 9 are welcome.

Each camp is limited to the first 75 registrants. This camp has sold out in the past. Register early to secure your spot.

PLEASE NOTE: Parents/Guardians of campers will not be allowed in the gymnasium during camp hours. All camps will meet in the DSF lobby.

DATE: October 9-November 13, 2010
DAY: Saturdays
TIMES: 9:00-10:00 am
FEE: *\$40.00/Members
*\$50.00/Non-Members

The Biggest Loser 7

The Biggest Loser 7 (952) 496-6890

The Biggest Loser at Dakotah! Sport and Fitness have had extraordinary success. Our classes have lost over 2,400 pounds! Based on these results and ongoing interest, we will be offering The Biggest Loser 7 this fall! Please join DSF Personal Trainer, Mitch Ingersoll for another great program proven to show you results. Minimum of 15 participants needed to run class.

Option 1 (Advanced) Date: 9/6/10-11/12/10 **Day:** M, W, F **Time:** 6:00-7:00 am
Option 2 (Beginner) Date: 9/6/10-11/12/10 **Day:** M, W, F **Time:** 7:00-8:00 am

Swimming Lessons

Swimming Lessons (952) 496-6891

Dakotah! Sport and Fitness swimming program is a developmental swim program. Each swimmer will develop skills in a specific order, building on the skills already accomplished. Classes are offered for all ages, from parent-tot to adult, based on the American Red Cross guidelines. Each session includes 8 classes.

Minimum of 3 participants per class. If there are not enough registered for a particular class, you will be notified at least 2 days in advance of the cancellation.

Registration deadline for all classes: One week prior to start date.

Date: September 18-November 16, 2010
(See individual classes below for days & times offered)
Fee: \$40.00

Parent Tot (age 6 mo - 3 years)

An excellent class for parents to introduce their child to the water through games and activities.
Skills taught: Front float, back float, arm movements, going underwater and kicking. 30 minute class.

Option 1	Date: 9/18/10-11/6/10	Day: Sat	Time: 10:40-11:10 am
Option 2	Date: 9/14/10-11/2/10	Day: Tues	Time: 5:40-6:10 pm
Option 3	Date: 9/16/10-11/4/10	Day: Thurs	Time: 5:40-6:10 pm

Starfish I (3 years)

Beginning level for preschool children. Little or no skill needed. **Skills taught:** Blow bubbles, submerge head to mouth, bobs, assisted back and front floats and safety skills. 30 minute class.

Option 1	Date: 9/18/10-11/6/10	Day: Sat	Time: 10:00-10:30 am
Option 2	Date: 9/14/10-11/2/10	Day: Tues	Time: 5:40-6:10 pm
Option 3	Date: 9/16/10-11/4/10	Day: Thurs	Time: 5:00-5:30 pm

Starfish II (4 years)

Skills taught: Unassisted front and back floats, assisted floats with kick, bobs, submerge head and work on maintaining balance and safety skills. 30 minute class.

Option 1	Date: 9/18/10-11/6/10	Day: Sat	Time: 10:40-11:10 am
Option 2	Date: 9/14/10-11/2/10	Day: Tues	Time: 5:00-5:30 pm
Option 3	Date: 9/16/10-11/4/10	Day: Thurs	Time: 5:40-6:10 pm

Starfish III (5 years)

Skills taught: Enter and exit water safely, submerge mouth, nose and eyes, exhale under water, unassisted floats on front and back, swimming on front and back and safety skills. 30 minute class.

Option 1	Date: 9/18/10-11/6/10	Day: Sat	Time: 10:00-10:30 am
Option 2	Date: 9/14/10-11/2/10	Day: Tues	Time: 5:40-6:10 pm
Option 3	Date: 9/16/10-11/4/10	Day: Thurs	Time: 5:00-5:30 pm

Jellyfish (6 years and up)

Skills taught: Exit and enter water safely, submerge mouth, nose and eyes, exhale under water, unassisted floats on front and back, swimming on front and back, and safety skills. 40 minute class.

Option 1	Date: 9/18/10-11/6/10	Day: Sat	Time: 11:20 am-12:00 Noon
Option 2	Date: 9/14/10-11/2/10	Day: Tues	Time: 5:00-5:40 pm
Option 3	Date: 9/16/10-11/4/10	Day: Thurs	Time: 5:50-6:30 pm

Swimming Lessons

Seahorses (6 years and up)

Skills taught: Exit water using ladder or side, tread water, glide on front and back, float on front and back, swimming on side, roll over from front to back and from back to front, jumping into water from side, opening eyes under water to retrieve object, swim front and back crawls, elementary backstroke arms and safety skills. 40 minute class.

Option 1	Date: 9/18/10-11/6/10	Day: Sat	Time: 11:20 am-12:00 Noon
Option 2	Date: 9/14/10-11/2/10	Day: Tues	Time: 5:50-6:30 pm
Option 3	Date: 9/16/10-11/4/10	Day: Thurs	Time: 5:00-5:40 pm

Flounders (6 years and up)

Skills taught: Rotary breathing, butterfly kick and body motion, changing from vertical to horizontal position on front and back, survival float, front and back crawl 15 yards, elementary backstroke 15 yards, sidestroke and breaststroke kicks 15 feet and safety skills. 40 minute class.

Option 1	Date: 9/18/10-11/6/10	Day: Sat	Time: 11:20 am-12:00 Noon
Option 2	Date: 9/14/10-11/2/10	Day: Tues	Time: 5:50-6:30 pm
Option 3	Date: 9/16/10-11/4/10	Day: Thurs	Time: 5:40-6:10 pm

Dolphin (6 years and up)

Skills taught: breaststroke, tread water 1-minute, elementary backstroke 15 yards, sidestroke 15 yards, feet-first surface dive, butterfly kick 15 feet, front & back crawl 25 yards and safety skills. 40 minute class.

Option 1	Date: 9/18/10-11/6/10	Day: Sat	Time: 10:00-10:40 am
Option 2	Date: 9/14/10-11/2/10	Day: Tues	Time: 5:50-6:30 pm
Option 3	Date: 9/16/10-11/4/10	Day: Thurs	Time: 5:50-6:30 pm

Swordfish (6 years and up)

Skills taught: swim underwater 15 yards, tuck & pike surface dives, survival float 2 minutes, front & back flip turns, tread water 2 minutes, front & back crawl 50 yards, butterfly 15 yards, breaststroke, sidestroke & elementary backstroke 25 yards and safety skills. 40 minute class.

Option 1	Date: 9/18/10-11/6/10	Day: Sat	Time: 10:40-11:20 am
Option 2	Date: 9/14/10-11/2/10	Day: Tues	Time: 5:00-5:40 pm
Option 3	Date: 9/16/10-11/4/10	Day: Thurs	Time: 5:50-6:30 pm

Marlins (6 years and up)

Skills taught: front & back crawl 100 yards, breaststroke, butterfly, elementary backstroke & sidestroke 50 yards, all of the turns, lifeguarding skills and techniques of fitness swimming.

Exit skills to complete swimming program: Swim 500 yards continuously using all strokes in the following order: Front crawl 100 yards, back crawl 100 yards, breaststroke 50 yards, elementary backstroke 50 yards, sidestroke 50 yards, butterfly 50 yards and choice of stroke 100 yards. 40 minute class.

Option 1	Date: 9/18/10-11/6/10	Day: Sat	Time: 10:40-11:20 am
Option 2	Date: 9/14/10-11/2/10	Day: Tues	Time: 5:00-5:40 pm
Option 3	Date: 9/16/10-11/4/10	Day: Thurs	Time: 5:50-6:30 pm

Private Swim Lessons

Private swim lessons are available upon request. Lessons are scheduled based on instructor availability. All 30-minute lessons are private to semi-private. Please contact the Aquatic Manager at (952) 496-6891 for more information or to schedule lessons.

SCUBA Training

Scuba Training (952) 220-4585

Beginning Open Water SCUBA Lessons:

This course will take you through your academic training and your confined water (pool) training. The PADI Open Water Course consists of three parts:

1. Knowledge Development (Classroom Training)
2. Confined Water Dives (Pool)
3. Open Water Dives (typically 4 dives in 2 days)

The PADI Open Water Diver Course builds upon the concept of performance-based learning. This means student divers progress through the course by demonstration that they meet measurable learning objectives. The course's instructional design sequences these objectives from simple to complex, so students build upon previous learning as they progress.

Once you register and pay your fees, you will be issued your training package that consists of:

1. Open Water Diver textbook
2. Open Water Diver DVD
3. Dive Tables
4. Forms: *Assumption of Risk, Liability Release, Medical Statement*

Prior to the first classroom session, you will need to view the PADI DVD, read the PADI textbook, and complete the knowledge review at the end of each chapter. Both the DVD and the book are included in the course fee and are yours to keep. You also need to complete all forms. These forms must be completed before any instruction is given. **Important:** *If you indicate "yes" on any question on the Medical Statement, you must get written approval from your physician prior to any confined water training. Please contact the instructor for these forms.*

Upon completion of all parts, you will be certified as a PADI open water diver. The name of the certification is the PADI Gold Open Water Certification. This certification allows you to dive independently and is recognized in the U.S, Caribbean, and around the world. Once you receive the certification, it is good for life.

The fee for the Beginning Open Water SCUBA Lessons is \$239.00 and is due when you register for the class. Your class fee is non-refundable within ten days of the class starting date and is non-transferable within 72 hours of the class starting time. All portions of the class, except for the open water dive, are held at DSF. To register or for more information, please call Al Pherson at (952) 220-4585 or (952) 440-4414.

Class Dates/Times:

Option 1:	September 10, 2010 Friday	6:00 p.m.-10:00 p.m.	Classroom
	September 11, 2010 Saturday	6:00 a.m.-9:00 a.m.	Pool
		11:00 p.m.-5:00 p.m.	Classroom
	September 12, 2010 Sunday	6:00 a.m.-9:00 a.m.	Pool
Option 2:	October 8, 2010 Friday	6:00 p.m.-10:00 p.m.	Classroom
	October 9, 2010 Saturday	6:00 a.m.-9:00 a.m.	Pool
		11:00 p.m.-5:00 p.m.	Classroom
	October 10, 2010 Sunday	6:00 a.m.-9:00 a.m.	Pool
Option 3:	November 19, 2010 Friday	6:00 p.m.-10:00 p.m.	Classroom
	November 20, 2010 Saturday	6:00 a.m.-9:00 a.m.	Pool
		11:00 p.m.-5:00 p.m.	Classroom
	November 21, 2010 Sunday	6:00 a.m.-9:00 a.m.	Pool
Option 4:	December 10, 2010 Friday	6:00 p.m.-10:00 p.m.	Classroom
	December 11, 2010 Saturday	6:00 a.m.-9:00 a.m.	Pool
		11:00 p.m.-5:00 p.m.	Classroom
	December 12, 2010 Sunday	6:00 a.m.-9:00 a.m.	Pool

SCUBA Refresher Course:

If it has been awhile since you have been diving, the PADI Scuba Review is made for you. You start with PADI's SCUBA Tune Up workbook (included in the class fee). This workbook is a great review of basic SCUBA knowledge including dive tables and the other skills that get a little rusty without use. The PADI Scuba Refresher Course begins with a classroom session that reviews the workbook and participant questions. We will also review any changes in dive techniques and equipment since your initial certification. The second day is spent in the pool, where basic SCUBA skills are reviewed. The PADI SCUBA Review is a great confidence builder for those getting ready to take a dive trip. Participants must provide their own mask, fins, and snorkel. Fee for class is \$59.95 paid at the time of registration. To register or for more information, please call Al Pherson at (952) 220-4585 or (952) 440-4414.

Class Dates/Times:

Option 1:	November 12, 2010 Friday	6:00 p.m.-8:00 p.m.	Classroom
	November 13, 2010 Saturday	6:00 a.m.-8:00 a.m.	Pool

Break Out Training

Break Out Training (952) 496-6879

Bored? Uninspired? In a fitness rut? Breakout training could be the answer!

Small group training is the latest fitness craze and the benefits are endless. Accountability, more focus on you, help with setting and achieving goals, measuring progress and introduction to new equipment and exercises. Find the class that is right for you! Classes are run monthly, please call regarding future dates and prices. All options \$85.00. Members only.

Option 1 (Advanced)	Date: 8/3/10-8/31/10	Day: Tu & Th	Time: 10:30-11:30 am
Option 2 (Beginner)	Date: 8/3/10-8/31/10	Day: Tu & Th	Time: 11:30 am-12:30 pm
Option 3 (Mixed)	Date: 8/3/10-8/31/10	Day: Tu & Th	Time: 5:30-6:30 pm

Children's Dance

Children's Dance (3 to 6 Years) (952) 496-6879

8-week class with instruction in ballet and tap based on age and ability levels in a fun, safe and caring learning environment. All participants will need to provide their own ballet and tap shoes. Dancewear such as tights & leotards or other comfortable clothing is appropriate. Michelle Sammis, Instructor. *No class October 20. **Minimum of 5 registrants needed per class. Maximum of 12.**

Creative Movement (3-4 years)

Children will develop muscles and coordination while learning basic skills in ballet. All participants must be potty trained. **Class needs:** Ballet shoes, appropriate dance clothing.

Option 1 **Date:** *9/8/10-11/3/10 **Day:** Wednesdays **Time:** 5:30-6:15 pm **Fee:** \$100.00

Beginner Dance: Level 1 (5 years)

Children will continue to develop muscles and coordination while learning the basic skills in ballet and tap by combining steps to make up dances. Both new and continuing students are welcome. **Class needs:** Ballet shoes, tap shoes, appropriate dance clothing.

Option 1 **Date:** *9/8/10-11/3/10 **Day:** Wednesdays **Time:** 6:15-7:00 pm **Fee:** \$100.00

Beginner Dance: Level 2 (6 years)

Children continue to develop skills in all areas. Both new and continuing students are welcome. **Class needs:** Ballet shoes, tap shoes, appropriate dance clothing.

Option 1 **Date:** *9/8/10-11/3/10 **Day:** Wednesdays **Time:** 7:00-7:45 pm **Fee:** \$100.00

Turkey Trot 5K

Join us for a pre-Thanksgiving 5K run at 8:00 am on Saturday, November 20, 2010. Course is run on the rolling hills of the Meadows at Mystic Golf Course. Register by going to www.dakotahsport.com, download a registration form from www.dakotahsport.com, online at www.active.com, or pick up a brochure form at Dakotah! Sport and Fitness. Must be registered by October 20 to guarantee your t-shirt size!

Fees: \$20.00 by September 19, 2010
\$25.00 September 20, 2010-Race day

DSF Indoor Triathlon

Indoor Triathlon (952) 496-6875

Time to Start Training and Register! Saturday, April 9, 2011. Winners based upon total distance covered during the allotted time. Pace setters will be used in each category to determine distances. Awards given for the top 3 men and top 3 women. Members and non-members welcome. Must be 14 years or older to compete. **Individual Event:** 7 minute swim, 30 minute bike, 20 minute run.

Option 1 **Date:** 4/9/11 **Time:** Heats TBA **Fee:** *\$25/member *\$35 non-member

Skating Lessons

Learn To Skate (952) 496-6868

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.

Registration Deadline: Fall 1: 9/7/10 Fall 2: 10/26/10 After deadline, call (952) 496-6868.

Parent and Little Skater (PALS) (For children age 3)

For young child with adult. Both learn basic skating elements. Adult is shown teaching methods. **Skills Taught:** Fall, get up, stand, walk, march, glide, table top, frog hop, beetle, backward wiggle, stop, dip. Skills taught first with the adult assisting the child and then with the child sitting independently. **Goal:** Independence on the ice. **Badges:** Five badges earned. **Prerequisite:** Age 3
Fees: \$88.00/Members \$112.00/Non-members

Option 1	Date: 9/13/10-10/25/10	Day: Mon	Lesson: 10:00-10:30 am	Practice: 10:30-11:00 am
Option 2	Date: 9/13/10-10/25/10	Day: Mon	Lesson: 6:30-7:00 pm	Practice: 6:00-6:30 pm
Option 3	Date: 9/18/10-10/30/10	Day: Sat	Lesson: 11:20-11:50 am	Practice: 10:50-11:20 am
Option 4	Date: 11/1/10-12/13/10	Day: Mon	Lesson: 10:00-10:30 am	Practice: 10:30-11:00 am
Option 5	Date: 11/1/10-12/13/10	Day: Mon	Lesson: 7:00-7:30 pm	Practice: 6:30-7:00 pm
Option 6	Date: 11/6/10-12/18/10	Day: Sat	Lesson: 11:20-11:50 am	Practice: 10:50-11:20 am

Critters Can Skate (For children 4 and up)

Skating for beginner skaters. **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 understanding of the idea of the elements and how to complete them. **Badges:** Five badges earned. **Prerequisite:** Age 4

Fees: \$61.00/Members \$78.00/Non-members

Option 1	Date: 9/13/10-10/25/10	Day: Mon	Lesson: 10:00-10:30 am	Practice: 10:30-11:00 am
Option 2	Date: 9/13/10-10/25/10	Day: Mon	Lesson: 6:00-6:30 pm	Practice: 6:30-7:00 pm
Option 3	Date: 9/18/10-10/30/10	Day: Sat	Lesson: 10:50-11:20 am	Practice: 11:20-11:50 am
Option 4	Date: 11/1/10-12/13/10	Day: Mon	Lesson: 10:00-10:30 am	Practice: 10:30-11:00 am
Option 5	Date: 11/1/10-12/13/10	Day: Mon	Lesson: 6:30-7:00 pm	Practice: 7:00-7:30 pm
Option 6	Date: 11/6/10-12/18/10	Day: Sat	Lesson: 10:50-11:20 am	Practice: 11:20-11:50 am

Cosmic Skater (Previous lessons required)

Skating for older beginners or younger beginners with skating skills. **Skills Taught:** Forward glide, stroke, crossovers, one-foot snowplow stop, T-stop, backward swizzles, one-foot glides, pumps, three-turns, lunge, forward spirals, pivots, one-foot spin (4 rev.), waltz jump, forward inside and outside edges. **Goal:** Skater demonstrates understanding of the form of the element, with correct body positions and use of edges.

Badges: Six badges earned. **Prerequisite:** Completion of Critters Can Skate

Fees: \$61.00/Members \$78.00/Non-members

Option 1	Date: 9/13/10-10/25/10	Day: Mon	Lesson: 7:30-8:00 pm	Practice: 7:00-7:30 pm
Option 2	Date: 11/1/10-12/13/10	Day: Mon	Lesson: 8:00-8:30 pm	Practice: 7:30-8:00 pm

Crystal Freestyle 1 (Previous lessons required)

Beginning freestyle skating. **Skills Taught:** Backward inside and outside edges, waltz jump and one-foot spin off backward crossovers, spiral into lunge, half-flip, half-lutz, split and toe loop jumps, perimeter stroking, mohawk, inside spread eagle, ten step footwork. **Goal:** Skater demonstrates presentation of the element with correct form and power, using entrance and exit positions. **Badges:** Four badges earned. **Prerequisite:** Completion of Cosmic Skater curriculum or equivalent skills.

Fees: \$61.00/Members \$78.00/Non-members

Option 1	Date: 9/13/10-10/25/10	Day: Mon	Lesson: 7:30-8:00 pm	Practice: 7:00-7:30 pm
Option 2	Date: 11/1/10-12/13/10	Day: Mon	Lesson: 8:00-8:30 pm	Practice: 7:30-8:00 pm

Skating Lessons

Crystal Freestyle 2 (Previous lessons required)

Advanced freestyle skating. **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 combinations, waltz three, power three, waltz eight, back inside three and forward inside three turns, edge pulls. **Goal:** Skater demonstrates presentation of the element with correct form and power, using entrance and exit positions. **Badges:** Seven badges earned. **Prerequisite:** Completion of Crystal Freestyle 1 curriculum or equivalent skills.

Fees: \$61.00/Members \$78.00/Non-members

Option 1	Date: 9/13/10-10/25/10	Day: Mon	Lesson: 7:30-8:00 pm	Practice: 7:00-7:30 pm
Option 2	Date: 11/1/10-12/13/10	Day: Mon	Lesson: 8:00-8:30 pm	Practice: 7:30-8:00 pm

Hockey Trax 1 (For children 4 and up)

Hockey skating skills for first-time hockey skaters through first year Mites. **Skills Taught:** Basic skating skills, back C-cuts, hockey turns, stops. **Goal:** Skater demonstrates understanding of the idea of the elements and how to complete them. **Badges:** Five badges earned. **Prerequisite:** Age 4 years **Ratio:** 10/1

Fees: \$61.00/Members \$78.00/Non-members

Option 1	Date: 9/13/10-10/25/10	Day: Mon	Lesson: 7:00-7:30 pm	Practice: 7:30-8:00 pm
Option 2	Date: 9/18/10-10/30/10	Day: Sat	Lesson: 11:20-11:50 am	Practice: 10:50-11:20 am
Option 3	Date: 11/1/10-12/13/10	Day: Mon	Lesson: 7:30-8:00 pm	Practice: 8:00-8:30 pm
Option 4	Date: 11/6/10-12/18/10	Day: Sat	Lesson: 11:20-11:50 am	Practice: 10:50-11:20 am

Hockey Trax 2 (Previous lessons required)

Hockey skating skills for second and third year Mites. Hockey equipment worn. **Skills Taught:** Focus on edge work, balance and increased strength for power skating. **Goal:** Skater demonstrates understanding of the idea of the elements and how to complete them. **Badges:** Four badges earned. **Prerequisite:** Completion of Hockey Trax 1 curriculum or equivalent skills.

Fees: \$61.00/Members \$78.00/Non-members

Option 1	Date: 9/13/10-10/25/10	Day: Mon	Lesson: 7:00-7:30 pm	Practice: 7:30-8:00 pm
Option 2	Date: 9/18/10-10/30/10	Day: Sat	Lesson: 11:20-11:50 am	Practice: 10:50-11:20 am
Option 3	Date: 11/1/10-12/13/10	Day: Mon	Lesson: 7:30-8:00 pm	Practice: 8:00-8:30 pm
Option 4	Date: 11/6/10-12/18/10	Day: Sat	Lesson: 11:20-11:50 am	Practice: 10:50-11:20 am

Hockey Trax 3 (Previous lessons required)

Hockey skating skills for fourth year Mites through Squirts. Hockey equipment worn. **Skills Taught:** Intense edge work, fine tuning of body positions while performing elements and increasing speed through turns.

Goal: Skater demonstrates presentation of elements with power and agility. **Badges:** Five badges earned.

Prerequisite: Completion of Hockey Trax 2 curriculum or equivalent skills.

Fees: \$61.00/Members \$78.00/Non-members

Option 1	Date: 9/13/10-10/25/10	Day: Mon	Lesson: 7:00-7:30 pm	Practice: 7:30-8:00 pm
Option 2	Date: 9/18/10-10/30/10	Day: Sat	Lesson: 11:20-11:50 am	Practice: 10:50-11:20 am
Option 3	Date: 11/1/10-12/13/10	Day: Mon	Lesson: 7:30-8:00 pm	Practice: 8:00-8:30 pm
Option 4	Date: 11/6/10-12/18/10	Day: Sat	Lesson: 11:20-11:50 am	Practice: 10:50-11:20 am

Adult Freestyle

Skills Taught: Basic skating skills for stroking, backward skating, footwork, and spins. **Goal:** Progress at skater's own pace within a class. **Prerequisite:** Age 18 years

Fees: \$61.00/Members \$78.00/Non-members

Option 1	Date: 9/13/10-10/25/10	Day: Mon	Lesson: 10:30-11:00 am	Practice: 10:00-10:30 am
Option 2	Date: 9/13/10-10/25/10	Day: Mon	Lesson: 7:30-8:00 pm	Practice: 7:00-7:30 pm
Option 3	Date: 11/1/10-12/13/10	Day: Mon	Lesson: 10:30-11:00 am	Practice: 10:00-10:30 am
Option 4	Date: 11/1/10-12/13/10	Day: Mon	Lesson: 8:00-8:30 pm	Practice: 7:30-8:00 pm

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. Progress at skater's own pace within a class. **Prerequisite:** Age 18 years **Ratio:** 6/1

Fees: \$61.00/Members \$78.00/Non-members

Option 1	Date: 9/13/10-10/25/10	Day: Mon	Lesson: 10:30-11:00 am	Practice: 10:00-10:30 am
Option 2	Date: 9/13/10-10/25/10	Day: Mon	Lesson: 7:30-8:00 pm	Practice: 7:00-7:30 pm
Option 3	Date: 11/1/10-12/13/10	Day: Mon	Lesson: 10:30-11:00 am	Practice: 10:00-10:30 am
Option 4	Date: 11/1/10-12/13/10	Day: Mon	Lesson: 8:00-8:30 pm	Practice: 7:30-8:00 pm

Online Registration Q & A

How do I access my account?

- Already registered? Enter your “User Name” and “Password” that you created for your initial visit to the registration website. PLEASE NOTE: DSF does not have access to your password. If you cannot remember your information, please click on “Forgot your password?” found on the sign-in page.
- First time user? Click on the link “First time user?” You will be directed to the member identification screen. Members will be asked for their member number found on their DSF membership card. Remove the proceeding zeros, the dash, and the zero before the number after the dash. (i.e. Member number=001234-01 Registration number=12341)

How do I register for classes?

- Click on any of the buttons on the main screen to view program descriptions. Class times and dates are available by selecting the individual options. To book a class, select the specific option and click on “Make a Booking.” PLEASE NOTE: All children under the age of 18 must be registered by their parent. After payment information is complete, your class information will be e-mailed to the account you provided during the registration process.

How do I add a non-member child to my account?

- Log in to the registration program.
- In the upper right hand corner of the screen, click on “My Info.”
- After the new window pops up, proceed to click on “My Record.”
- At the bottom of the page, click on the “+” sign under the word “Children.”
- Fill in the required information and click on “OK.”
- Continue this process until all children are added.

How do I pay for classes online?

- DSF uses the PayPal online service that allows for secured credit card/direct bank account withdrawal transactions while on the web.
- PLEASE NOTE: If using the direct bank account withdrawal option in PayPal, the transaction may take up to 3 or 4 days to clear your bank. You will not be registered in the class until the transaction has cleared. *Please keep this in mind when registering for classes, as classes may become full while waiting for your transaction to clear.*

Online Registration Q & A (Con't)

How do I know if I have been registered for the class?

Three things **must** occur to ensure registration:

1. You must provide payment information through the online PayPal service.
2. You will receive an e-mail confirmation/receipt from PayPal.
3. You will receive an e-mail confirmation/receipt from DSF/Xpiron.

If you are unsure if your registration has been accepted, please check your registration account. If you are still unsure, please call DSF.

When can I log on to the DSF online registration program?

- Dakotah! Sport and Fitness members may register themselves and/or their children starting on **Wednesday, August 11, 2010 at 9:00 a.m.** (Sorry, grandchildren and other extended family are not able to register under a member's account.)
- *If you log on to the site AND book a class before the registration open time, your registration will not be valid and an error will occur. If this happens, please exit completely out of the online registration program and log back in.*
- Log on anytime to browse the classes offered or just to become familiar with the site.

Cancellation Policy

Withdrawing from an activity, league or lesson after registering for that event will be handled in the following way:

- Withdrawing from the time of registration to the start of the first event will be assessed a \$10 cancellation fee. This procedure may be performed online.
- Withdrawing between the first and second events will be assessed a \$10 cancellation fee and the pro-rated value of the first event. This procedure must be performed by the department manager. Phone numbers are posted on the activity header in this booklet.
- No refund will be issued if withdrawing after the second event.
- Medical refunds will be made with proof of a signed medical statement by a physician. Refund amount will be under the discretion of Dakotah! Sport and Fitness.

Dakotah!
SPORT AND FITNESS

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