

Dakotah!
SPORT AND FITNESS



SKATE DAKOTAH!

REGISTRATION OPENS:

May 1, 2024

REGISTRATION DEADLINE:

One week before lessons start.

TO REGISTER CALL: 952.445.9400

SUMMER 2024

Welcome to the Skate Dakotah! program. Our instructors tailor group lessons to the individual skater's needs. After an on-ice assessment during initial lessons, each 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, so classes must be taken more than once. Skills taught in each class build on skills learned previously. The curriculum 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.

INFORMATION:

Matt Mathiasen 952.496.6864

Kate Shurts 952.496.6868

FEES:

\$80/Member

\$105/Nonmember

Free skate rental is included in the fee for all lessons. Skaters are encouraged to wear a helmet during lessons (helmets are not provided by Dakotah! Sport and Fitness). Please dress your child warmly in a coat and gloves.

PARENT & LITTLE SKATER (PALS) Age 3

Five Badges Earned:

Lollipop-1
Candy Cane-2
Peppermint Twist-3
Lemon Drop-4
Jawbreaker-5

Skills Taught: Fall, get up, stand, walk, march, glide, table top, frog hop, beetle, backward wiggle, stop, and dip. All skills are taught initially with the adult assisting the child, and then with the child skating independently.

Goal: Children become independent from parent on the ice.

June 10-August 5 (Mondays)

No class July 1

Lesson Time: 6:30-7pm
Practice Time: 6-6:30pm

CRITTERS CAN SKATE Ages 4+

Five Badges Earned:

Brave Beetle-1
Fantastic Frog-2
Wiggly Worm-3
Daring Dragon-4
Racer Rabbit-5

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, and bunny hops.

Goal: Skater demonstrates the idea of each element, including each step necessary to complete it.

June 10-August 5 (Mondays)

No class July 1

Opt. 1: Lesson Time: 6-6:30pm
Practice Time: 6:30-7pm

Opt. 2: Lesson Time: 6:30-7pm
Practice Time: 6-6:30pm

COSMIC I, II, & III June 10-August 5 (Mondays)

No class July 1

Lesson Time: 7:30-8pm
Practice Time: 7-7:30pm

COSMIC I Ages 4+

Prerequisite: Completion of Critters Can Skate curriculum or Racer Rabbit badge.

Six Badges Earned:

Earth-1
Sun-2
Moon and Stars-3
Wind-4
Fire-5
Ice-6

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 (four revolutions), waltz jump, and forward inside and outside edges.

Goal: Skater demonstrates the form of the elements, including correct body position and edge use.

COSMIC SKATER II Beginning freestyle skating

Prerequisite: Completion of Cosmic I curriculum ice badge or equivalent skills.

Four Badges Earned:

Turquoise-1
Coral-2
Amber-3
Onyx-4

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, and ten-step footwork.

Goal: Skater demonstrates presentation of elements, including correct form and power, using entrance and exit positions.

COSMIC III Intermediate freestyle skating

Prerequisite: Completion of Cosmic II curriculum Onyx badge, or equivalent skills.

Seven Badges Earned:

Amethyst-1
Sapphire-2
Topaz-3
Emerald-4
Ruby-5
Diamond-6
Aurora Borealis-7

Skills Taught: Single salchow, 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, and edge pulls.

Goal: Skater presents elements, including correct form and power, using entrance and exit positions.

HOCKEY TRAX I, II, III June 10-August 5 (Mondays)

No class July 1

Lesson Time: 7-7:30pm
Practice Time: 7:30-8pm

HOCKEY TRAX I Ages 4+

Hockey skating skills for first-time hockey skaters through Rookie Mites.

Five Badges Earned:

Brave Bear-1
Mighty Muskie-2
Ice Otter-3
Snowy Owl-4
Breezer Bobcat-5

Skills Taught: Elementary skating skills, back c-cuts, hockey turns, and one-foot snowplow stops left and right.

Goal: Skater demonstrates each element and each step necessary to complete it.

HOCKEY TRAX II

Hockey skating skills for second- and third-year Mites or skaters with skill development of Breezer Bobcat badge.

Prerequisite: Completion of Hockey Trax I Breezer Bobcat badge or equivalent skills.

Four Badges Earned:

Referee Raccoon-6
Goalie Gray Wolf-7
Hat Trick Hedgehog-8
Face-Off Fox-9

Skills Taught: Focus on edge work and increased strength for power skating.

Goal: Skater demonstrates form of the elements, including correct body positions, balance, speed, and edge work.

HOCKEY TRAX III

Hockey skating skills for fourth-year Mites through Squirts or skaters with skill development of Face-Off Fox badge.

Prerequisite: Completion of Hockey Trax II Face-Off Fox badge or equivalent skills.

Five Badges Earned:

Power Play Panther-10
"Cool Moe" Hawk-11
Hockey Turn T-Rex-12
Breakaway Badger-13
Slap Shot Shark-14

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 positions, balance, edge work, speed, power, and agility.

ADULT HOCKEY

Skills Taught: Forward skating, crossovers, back c-cuts, power turns, edge work, and drills.

Goal: Adult skater learns beginning through advanced hockey skating skills. Skater progresses at individual pace within a class.

June 10-August 5 (Mondays)

No class July 1

Lesson Time: 7:30-8pm
Practice Time: 7-7:30pm

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.

June 10-August 5 (Mondays)

No class July 1

Lesson Time: 7:30-8pm
Practice Time: 7-7:30pm

NEED A BOOST?

Visit Dakotah! Recharge for a variety of nutritious/nourishing options for before or after your workout.

- Fresh smoothies and juices
- Coffee drinks
- Delicious grab-and-go food items



SCAN ME



SWIM DAKOTAH!

Member Registration Opens
May 13 at 9am

Guest Registration Opens
May 15 at 9am

REGISTRATION DEADLINE:
One week before lessons start.

FOR INFORMATION OR FREE LESSON ASSESSMENTS:
Please call 952.495.6891.