



# Southern Minnesota Skating Club

## Program Offerings

### ***UNRL Skating Academy: Powered by SMSC***

***Learn to Skate USA® Snow Explorers*** program introduces our youngest skaters to the ice in a way that makes skating fun and safe for all as they grow an everlasting love for the ice. Through our updated curriculum and our certified, passionate instructors, we introduce skaters ages 2-3 years old to the world of skating first through off ice exploration and continue to build confidence at the rink, in skates, and on the ice. Regular skill evaluations will be conducted to ensure skaters are learning and progressing at a rate that is just right for them. Classes are offered in small groups and held in 30 minute sessions. (\$50/4 weeks, \$88/8 weeks, \$120/12 weeks)

***Learn to Skate USA® w Skate and Play:*** *Learn to Skate* programs make skating fun and safe for all as they grow a lifelong love for skating. Through our updated curriculum and our certified, passionate instructors, we build solid skill progression to grow confidence in skaters of all ages while providing them the resources necessary to reach their skating goals. With an intentional 30 minute "Skate and Play" segment incorporated to compliment the Learn to Skate curriculum, SMSC's LTS programming supports the development of skaters as they become assured in their movement through coach led play. Regular skill evaluations will be conducted to ensure skaters are learning and progressing at a rate that is just right for them. Classes are offered in small groups and held in 60 minute sessions. (\$100/4 weeks, \$176/8 weeks, \$240/12 weeks)

***Adult Learn to Skate USA®*** program provides adults, 16 and older, a space to explore the ice with guided Learn to Skate Instruction. Through our updated curriculum and our certified, passionate instructors, we build solid skill progression to grow confidence in skaters of all ages while providing them the resources necessary to reach their skating goals. Regular skill evaluations will be conducted to ensure skaters are learning and progressing at a rate that is just right for them. Classes are offered in small groups and held in 60 minute sessions. (\$100/4 weeks, \$176/8 weeks, \$240/12 weeks)

### ***SMSC Advanced Skating Opportunities***

***Power and Edge*** classes include an hour of comprehensive instruction of edge work while incorporating power techniques and exercises. Striving to bring every skater's agility and efficiency on ice to a new level, SMSC's Power and Edge classes serve to challenge skaters of all levels and interests, while capitalizing on their current strengths to help them achieve maximum potential in all skating disciplines including hockey, figure skating, and speed skating. Basic 4 or a basic understanding of forward crossovers is required. (\$88/4 weeks, \$160/8 weeks, \$216/12 weeks; \$23 for drop ins. Drop ins are asked to give notice prior to attending.)

***Open Freeskate*** can be used by all skaters Basic 6 and above to practice jumps, spins, patterns, and programs. Skaters who have not yet passed basic 6 are welcome to use this time as well, under the guidance of an individual coach. Program music can be played during this time. (\$21/1 session, \$228/12 sessions, \$432/24 sessions, \$648/36 sessions, \$22 for walk ons. Coach fees vary per coach)

***Individual Lessons*** Skaters looking for one-on-one instruction can sign up to work with an SMSC coach during open freeskate times. Contact us if you need help connecting with a coach! Each coach sets their own fees for individual lessons and parents should schedule lesson times directly with coaches. Freeskate time is purchased separately.

\*\*\*\*\*Southern Minnesota Skating Club strives to provide a ***safe and inclusive space*** in which skaters of all levels can explore and grow on the ice through a variety of opportunities. If you would like to participate in a program but cannot make all the times scheduled, please contact us and ask about our make up policy.\*\*\*\*\*