



BEGINNER CLASSES • ADVANCED TRAINING  
FUN FOR EVERYONE!

# Fall Skating Lessons

(13 weeks)

Skating Lessons for Ages 4 and older

Coon Rapids Skating School, 11000 Crooked Lake Blvd.

Fun classes for figure skaters and hockey players of all ages. Classes are 30 minutes of instruction

## Fall Session 2022

**Saturdays:** September 17th through December 17th. No class Sat, 11/26

**Mondays:** September 19th through December 19th. No class Mon, 10/31

### Mondays

5:00-6:00 pm	Contract A (7 weeks)	Sept. 12– Oct. 24		
6:10-6:40 pm	Intro to Skating	Basic 1/Hockey 1	Basic 2/Hockey 2	Spin (B5– FS 3)
6:40-7:10 pm	Basic 3/Hockey 3	Basic 4 & Basic 5	Basic 6 & Pre Free Skate	Spin Class (FS 4-7)
7:25-7:55 pm	Free Skate 1 & 2	Free Skate 3 & 4	Spin Class (FS 8 & Up)	Jump Tech. (Axel-2T)
7:55-8:25 pm	Free Skate 5 & 6	Free Skate 7, 8 & 9	Jump Tech. (2Lo-2A)	
8:25-8:55 pm	Adult & Teen class			
8:25-9:25 pm	Contract B			

### Saturdays

7:00-7:50 am	Contract C				
7:40-8:30 am	Contract D				
8:00-8:30 am	Spin Class (FS 7 & up)				
8:30-9:15 am	Stars Edge Class	Register through SPFSC			
9:30-10:20 am	Contract E				
10:20-10:50 am	Intro to Skating	Basic 1/Hockey 1	Adult & Teen	Aspiring Stars	
10:50-11:20 am	Basic 2 & 3/Hockey 2 & 3	Basic 6 & Pre Free Skate	Basic 4 & 5	Aspiring Stars (pt. 2)	Spin (FS 4-6)
11:30-12:20 pm	Contract F				



Scan the code to visit our website for more information, class descriptions  
and a link to register.

Register online at [www.coonrapidsicecenter.com](http://www.coonrapidsicecenter.com)