



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 2023

Saturdays: September 16th through December 16th. No class Sat. 11/25

Mondays: September 25th through December 18th.

Mondays

5:00-6:00 pm	Contract A (8 weeks)	Sept. 11– Oct. 30		
6:10-6:40 pm	Intro to Skating	Basic 1/Hockey 1	Basic 2/Hockey 2	Spin (B5– FS 2)
6:40-7:10 pm	Basic 3/Hockey 3	Basic 4 & Basic 5	Basic 6 & Pre Free Skate	Spin Class (FS 3-7)
7:25-7:55 pm	Free Skate 1 & 2	Free Skate 3 & 4	Spin Class (FS 8 & Up)	Jump Tech. (Axel-2S)
7:55-8:25 pm	Free Skate 5 & 6	Free Skate 7, 8 & 9	Jump Tech. (2T-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	Emerging Stars	
10:50-11:20 am	Basic 2 & 3/Hockey 2 & 3	Basic 6 & Pre Free Skate	Basic 4 & 5	Emerging Stars	Spin (FS 3-7)
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