



# River Blades Skating School

**Amanda Truax** grew up in Hastings and had her very first lesson at the Hastings Civic Arena. She's won numerous competitions around the US in Figure Skating & Dance. Amanda was a member of the **NHL's Minnesota North Stars Dance Team**, skated with **Disney on Ice** (toured for 8 years) developing herself as a well-known Figure Skating Choreographer within **Disney on Ice**. She is also the areas **premier hockey power skating coach**. Get the edge on your skating skills!

Curriculum by the *Ice Skating Institute*  
Hastings Civic Arena, located off Hwy 316 and Hwy 61, Hastings.

## LEARN TO SKATE (ages 3-7 years)

### Learn to Skate 1

Beginner skaters ages 3-7; who have never skated before. Skaters will play games and sing songs as they develop skills needed to balance and move across the ice. Beginner skaters who have minimal skating experience. Skaters will learn the proper way to fall and get up, hopping and how to make A's and V's. **Sec. #595101A**

### Learn to Skate 2

Beginner skaters ages 3-7 or skaters who have passed level 1. Skaters will learn forward swizzles, two foot glides, backward wiggle and stops. **Sec. #595101B**

### Learn to Skate 3

Skaters must have completed Level 2 ages 3-7. Skaters will learn backward swizzles, hockey turns, forward slalom and a semi-spiral. **Sec. #595101C**

### Learn to Skate 4

Skaters must have completed Level 3. Skaters will learn backward slalom, one foot glides, 3 step crossovers, backward glides (two feet) and pump circles. **Sec. #595101D**

## MINI-MITES LEARN TO SKATE (ages 4+)

### Mini Mites 1

Mini Mites 1 is designed to break down the basic skating skills crucial to the success of your Hockey player. Basic skills and technical positions are presented which create a solid foundation for your skater. Balance and edge control is an important skill that River Blades develops for long term efficiency speed and power. **Sec. #595101F**



## LEARN TO SKATE (ages 8+)

### Pre-Alpha

Beginning class for skaters 8 and up. Emphasis is on skills from Learn To Skate levels 1-4. **#595101E**



### \* REQUIRED INFO \*

- 1) Birth Date
- 2) Phone Number
- 3) Email Address
- 4) Skill Level

Be sure to visit the River Blades website for information on what type of skates to purchase, clothing, to wear, etc.

[www.RiverBladesSkating.com](http://www.RiverBladesSkating.com)

A **CONFIRMATION EMAIL** will be sent to the email address you provide with registration one week before class begins.

### \* SCHEDULE \*

Students will be placed in 30-minute lesson groups and 30-minute practice times within the stated time frames.

***No lesson March 9th!***

**Saturdays January 12-March 23 between 10-11:30 am**

**\$150** - after January 4th, add \$10 to registration fee



Pre-register with Hastings Community Education 651-480-7670 [www.HastingsCommunityEd.com](http://www.HastingsCommunityEd.com)