



FALL SESSION-2023

We offer lessons year round!

SKATE SCHOOL CLASSES

Classes offered: Snowplow 1-4, Basic 1-6, Hockey 1-4, Adult 1-4 - Class descriptions on website www.mfscskate.org

DAY	TIME	LOCATION	DATES	COST
TUESDAY	6:00-6:30 p.m.	TCO SPORTS GARDEN (Vadnais Sports Center)	September 26 October 3, 10, 17, 24	5 weeks - \$75
TUESDAY	6:30-7:00 p.m.	TCO SPORTS GARDEN (Vadnais Sports Center)	September 26 October 3, 10, 17, 24	5 weeks - \$75
SATURDAY	10:45-11:15 a.m.	POLAR ARENA (next to North High School)	September 30 October 7, 14, 21, 28	5 weeks - \$75
SATURDAY	11:15-11:45 a.m.	POLAR ARENA (next to North High School)	September 30 October 7, 14, 21, 28	5 weeks - \$75

POWER/EDGE SKATING CLASSES

Must be passed Basic 1 or Hockey 1 to take class - contact director for questions - groups are split based on level and skating experience

DAY	TIME	LOCATIONS	DATES	COST
SATURDAY	10:15-10:45 a.m.	POLAR ARENA (next to North HS)	September 30 October 7, 14, 21, 28	5 weeks - \$75

FIGURE SKATING SPECIALITY CLASSES

Classes offered: Pre-Freeskate - Freeskate 3 -- Class descriptions on website www.mfscskate.org

DAY	TIME	LOCATION	DATES	COST
TUESDAY FS CLASS	7:10-8:10 p.m.	TCO SPORTS GARDEN (Vadnais Sports Center)	September 26 October 3, 10, 17, 24	5 weeks - \$115 (ice time & group lesson)
SATURDAY FS CLASS	9:15-10:15 a.m.	POLAR ARENA (next to North HS)	September 30 October 7, 14, 21, 28	5 weeks - \$115 (ice time & group lesson)

*One time LTS USA annual membership fee of \$17 is also required (June 2023-May 2024)

- REGISTER:** 1) Register online at www.mfscskate.org - click on North Stars Skate School
2) Mail form and payment to: NSSS - 8036 Hudson Blvd N Oakdale, MN 55128

QUESTIONS: Skate School Director Nikki at 651-398-7183 - adamnikki@comcast.net - email or text preferred

REGISTRATION FORM

Skater Name: _____ Age _____ Birthdate _____ Male ___ Female ___

Parent/Guardian(s) _____ Phone: _____

Address: _____ City: _____ State: ___ Zip: _____

Email: _____ Skating Level/Skating Ability _____

NSSS/MFSC and its Skating Instructors are not liable for any injuries obtained during lessons or practice times. No make-up sessions or refunds. You will be notified ONLY if the class is full or cancelled. All NEW skaters will be evaluated on first day.

Parent/Guardian Signature _____

CHECK LEVEL	CHECK SS CLASS DAY	POWER/FREESKATE	SESSION TOTAL
NEW - EVAL	Tuesday-6:00 pm \$75	Saturday Power \$75	REGISTRATION FEE* + \$17.00* *One time LTS USA annual membership fee (June 2023-May 2024)
SNOWPLOW	Tuesday-6:30 pm \$75	Tuesdays-FS Class \$115	
BASIC/FS	Saturday 10:45 am \$75	Saturday FS Class \$115	
HOCKEY	Saturday-11:15 am \$75		
ADULT			
			TOTAL _____ Check payable to NSSS

North Stars

SKATE SCHOOL

WHO CAN TAKE LESSONS?

Children can start classes as young as 3 years old - we have a place for all levels - even Adults!

WHAT DO SKATERS NEED?

- We recommend all young snowplow beginners wear helmets. Bicycle helmets or lightweight hockey helmets are acceptable. NSSS does not have helmets available.
- Figure skates or Hockey skates - no double blade skates. Please make sure your skates fit properly and the blades are sharp.
- RENTAL SKATES: Now available at TCO Sports Garden (*Vadnais Sports Center*) for NSSS lessons! They are first come first serve and payment for rentals is \$5 a time. Skates can be rented from Arena staff at the main Welcome Desk in lobby. Limited availability and sizes.
- Skaters should wear warm, comfortable clothing. We suggest they dress in layers so jackets or sweaters may be removed as the skaters warm up. Mittens or gloves are a must. No tight jeans, as they restrict movement. Many young skaters wear snow pants.

WHAT CLASS DO I SIGN UP FOR?

All new skaters to the program will be evaluated on the first day based on skating ability given on registration form and age. More details regarding class descriptions are available on our website www.mfscskate.org
Parents are not allowed on the ice during class time or practice time

We offer classes year round! Check website for registration forms and class schedules.

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