



# SUMMER SESSION II-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](http://www.mfscskate.org)*

DAY	TIME	LOCATION	DATES	COST
TUESDAY SKATE SCHOOL	6:10-6:40 p.m.	TCO SPORTS GARDEN (Vadnais Sports Center)	August 1, 8, 15, 22, 29	5 weeks - \$75
TUESDAY SKATE SCHOOL	6:40-7:10 p.m.	TCO SPORTS GARDEN (Vadnais Sports Center)	August 1, 8, 15, 22, 29	5 weeks - \$75

## FIGURE SKATING SPECIALITY CLASSES

*Must be passed Basic 6 - Classes offered: Pre-Freeskate - Freeskate 3 -- Class descriptions on website [www.mfscskate.org](http://www.mfscskate.org)*

DAY	TIME	LOCATION	DATES	COST
TUESDAY FS CLASS	5:00-6:00 p.m.	TCO SPORTS GARDEN (Vadnais Sports Center)	August 1, 8, 15, 22, 29	5 weeks - \$115 <i>(ice time &amp; group lesson)</i>

## HOCKEY POWER/EDGE SKATING CLASSES

*Must be passed Hockey 1 or played one year of hockey to take class - contact director for questions  
- groups are split based on hockey level and skating experience*

DAY	TIME	LOCATIONS	DATES	COST
MONDAY POWER HOCKEY	5:00-5:45 p.m.	TARTAN ARENA (behind Tartan HS)	July 31 August 7, 14, 21, 28	5 weeks - \$75

- REGISTER:** 1) Register online at [www.mfscskate.org](http://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](mailto:adamnikki@comcast.net) - email or text preferred

### SUMMER II 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		HOCKEY/FREESKATE		TOTAL: _____  Check payable to NSSS
NEW - EVAL		Tuesday-6:10 pm	\$75	Monday Power Hockey	\$75	
SNOWPLOW		Tuesday-6:40 pm	\$75	Tuesdays-FS Class	\$115	
BASIC/FS						
HOCKEY						
ADULT						

# 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](http://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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