



# SUMMER SESSION II-2024

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	6:20-6:50 p.m.	TCO SPORTS GARDEN (Vadnais Sports Center)	July 23, 30 August 6, 13, 20, 27	6 weeks - \$90
TUESDAY SKATE SCHOOL	6:50-7:20 p.m.	TCO SPORTS GARDEN (Vadnais Sports Center)	July 23, 30 August 6, 13, 20, 27	6 weeks - \$90

## 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	5:10-6:10 p.m.	TCO SPORTS GARDEN (Vadnais Sports Center)	July 23, 30 August 6, 13, 20, 27	6 weeks - \$138 (ice time & group lesson)

## HOCKEY EDGE/POWER 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 EDGE POWER HOCKEY	6:15-7:00 p.m.	POLAR ARENA (next to North HS)	July 22, 29 August 5, 12, 19, 26	6 weeks - \$96

### 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

### 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) and Polar Arena for NSSS lessons! They are first come first serve and payment is made directly to arena staff. 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

**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	
NEW - EVAL	Tuesday-6:20 pm	\$90	Monday Power Hockey \$96
SNOWPLOW	Tuesday-6:50 pm	\$90	Tuesdays-FS Class \$138
BASIC/FS			
HOCKEY			
ADULT			

**TOTAL:** \_\_\_\_\_

*Check payable to NSSS*