



ACADEMY ADVANCEMENT MODEL



Foothills
Park & Recreation District

LEARN TO SKATE CLASSES



Group classes are about skill development and giving the students a solid foundation on which to build their skills and confidence.

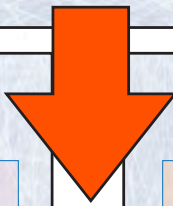


FIGURE SKATING

Academy Prep Program

Continue developing your freestyle skills in group lessons. Classes focus on skating skills, edges and turns, single jumps through beginning doubles, and mastering the three basic spin positions: upright, sit, and camel.

Figure Skating Academy: Freestyles

Skaters Basic 4+ are able to participate in Academy sessions, including freestyle sessions which are specifically for figure skating training. Skaters should review the freestyle rules posted on the wall in the West Rink before taking the ice.

Figure Skating Academy: Classes

On and off ice Academy classes are offered throughout the year for skaters Basic 4+. On ice classes may include Power, Skating Skills, and Edges & Turns. Some off ice classes offered focus on Strength & Conditioning and Off Ice Jumps.

Private Lessons

Private lessons with one of our skilled professionals allows you to improve your skills at your own rate of learning. Select a coach and schedule lessons with them directly. Lesson fees are paid to the coach and ice time is paid to the rink.

Join the Club!

Recreational & competitive opportunities for skaters of all ages and abilities are offered through Mountain Edge Skating Club. Don't miss out, join the fun!

HOCKEY

Hockey Prep Program

Learn the basics of hockey in full equipment. Open to all ages, skaters should **complete at least Learn to Skate Hockey 2** before enrolling in our Learn to Play classes for a solid skating foundation to build upon.

Edge Youth & Adult Hockey Leagues

Organized 3v3 & 4v4 youth leagues on a smaller ice surface for greater skill development. U8, U10, and Middle School divisions. Adult leagues include competitive hockey for players 18+ in seven non-checking divisions for all skills.

Littleton Hockey Association

www.littletonhockey.org
303-409-2341

Foothills Hockey Association

www.foothillshockey.org
303-409-2226

Colorado 14ers Girls Hockey

www.14ershockey.com
303-409-2217

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