



LEARN TO
SKATE
USA

LEARN TO SKATE

2023

QUICK FACTS

WHAT Skating Lessons

WHERE Lehi Sports Park
(2000 W 700 S)

WHO All Ages

WHEN See Table

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SKATING LESSON

Come enjoy the recreational benefits of Skating! Our two week session includes 25 minute classes for skaters of all ages! Come 5 minutes before class starts to get skates on and be ready to get on the ice in time for the lesson.

Nov. 27, 29, & Dec. 4, 6 Mon/Wed		
Session 1	Time	Class
1A	4:00-4:25 p.m.	Snowplow
	4:00-4:25 p.m.	Basic 1
	4:00-4:25 p.m.	Basic 2
	4:00-4:25 p.m.	Basic 3
	4:00-4:25 p.m.	Adaptive
	4:35-5:00 p.m.	Basic 1
	4:35-5:00 p.m.	Basic 4
	4:35-5:00 p.m.	Basic 5
	4:35-5:00 p.m.	Basic 6
	4:35-5:00 p.m.	Adult

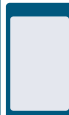
Nov. 28, 30 & Dec. 5, 7 Tue/Thurs		
Session 2	Time	Class
1B	4:00-4:25 p.m.	Snowplow
	4:00-4:25 p.m.	Basic 1
	4:00-4:25 p.m.	Basic 2
	4:00-4:25 p.m.	Basic 3
	4:00-4:25 p.m.	Adaptive
	4:35-5:00 p.m.	Basic 1
	4:35-5:00 p.m.	Basic 4
	4:35-5:00 p.m.	Basic 5
	4:35-5:00 p.m.	Basic 6
	4:35-5:00 p.m.	Adult

REGISTRATION

Registration Starts: November 13, 2023
Register at the Legacy Center Registration Office during normal business hours or online at www.lehi-ut.gov/legacy-center.

Space is limited, so register today!

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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www.facebook.com/lehilegacycenter



Follow us on Instagram!
[lehilegacy](https://www.instagram.com/lehilegacy)

INCLUDED

- 4- 25 minute class time
- All participants will be registered through *Learn to Skate USA* as a member.
- Last day of instruction will also be test day.
- Free helmet rental during class time (You may bring your own)
- Free skates rental during class time (You may bring your own)

What level should I register my skater for? See back of flyer for requirements.

LEHI LEGACY CENTER
123 North Center Street
385.201.2000
www.lehi-ut.gov/legacy-center



REGISTRATION HOURS
Monday-Friday
8 a.m. to 6 p.m.
or register online.

What level should I register my skater for?

- If your skater is 3-5 years old and has never taken a skating class before, Snowplow is the level designed for them. Helmets are required. (You may bring your own or use one provided)
- If your skater is 5-18 years old and has never taken a skating class before, Basic 1 is the level designed for them.
- If your skater is 18 years or older and has never taken a skating class before, Adult is the level designed for them.

Snowplow, Basic 1, and Adult will teach you how to fall safely, stop, to move forwards and even backwards with confidence. Other skills in these levels are taught and even though it is a class setting, each skater can set their own pace for what they would like to try to master.

- If your skater is a bit more advanced and would like to be challenged, Basic 2 is a good place to start.
- If your skater has taken Learn to Skate classes at another ice rink, they can either repeat the level they did prior or sign up for the next level. All Learn to Skate levels cross over facility to facility under the USFSA platform.

What is Adaptive? "The Adaptive Program is designed to help skaters with physical disabilities develop skills and enhance their skating experience. The program encourages skaters to continue in the sport of skating for physical recreation and activity while taking limitations into consideration." (Learn To Skate USA) These classes will be smaller in size and a guardian is required to be present at all times.

If for any reason during the first day of class, a skater needs to move up or down a level to meet their skating needs, coaches will do so during that first assessment day. We will make sure they are where they need to be to help ensure their success in the class.

Skate rental is included in registration but skaters are welcome to use their own skates after they have been inspected by their class coach. Helmets are required for Snowplow and highly encouraged for Adaptive. The facility can provide helmets upon request.

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