

Safari Island Community Center Winter/Spring 2017



Safari Island

1600 Community Drive

Waconia, MN 55387

Phone: 952-442-0695

Fax: 952-442-0692

www.safariislandcommunitycenter.com

Waconia Ice Arena

1250 Oak Avenue

Waconia, MN 55387

Phone: 952-442-7465

Fax: 952-442-2258

www.waconiaicearena.com



Your ultimate family winter destination

NEW "PLATINUM" MEMBERSHIP OPTION

Existing Members:

Upgrade to Platinum Level and Receive:

- * FREE Drop Off Childcare
- * 2 FREE Fitness Assessments (Annually)
- * 4 FREE Guest Passes (Annually)
- * Four 7 day "Try SI" Passes
- * Priority Reservations for Swim Lessons
- * 6 Ice Arena Open Skate Passes (Annually)
- * 10% Off Personal Training Packages
- * 10% Off Birthday Party Packages
- * Platinum Health Card
- * Ridgeview: FREE Biometric Screen

New Members:

Join at the Platinum Level and Receive:

- * FREE GROUP EXERCISE CLASSES
- * FREE Drop Off Childcare
- * 2 FREE Fitness Assessments (Annually)
- * 4 FREE Guest Passes (Annually)
- * Four 7 day "Try SI" Passes
- * Priority Reservations for Swim Lessons
- * 6 Ice Arena Open Skate Passes (Annually)
- * 10% Off Personal Training Packages
- * 10% Off Birthday Party Packages
- * Platinum Health Card

**THE PLATINUM MEMBERSHIP
WILL BE AVAILABLE DECEMBER 5TH!**

**Be one of the first 50 people to join or
upgrade to the Platinum level option
and be automatically entered to Win
FREE 1 YEAR MEMBERSHIP!**

SAFARI ISLAND COMMUNITY CENTER

Safari Island Members:

We pride ourselves on having an amazing facility for our members and are continually trying to find ways to make it better for you. We want to offer high quality programs and services so we can be the highlight of your day.

Luke Miska
General Manager

WHAT'S NEW OR UPDATED

FITNESS DEPARTMENT

- * Now offering Personal Training
- * New exercise class offerings
- * Newly painted weight room
- * New specialty class offerings
- * New youth orientation option for 13/14 year olds
- * Brand NEW cardio machines
- * Updated strength machines/dumbbells
- * New mirrors in the weight room
- * Newly hung fans in the exercise studio
- * Fitness Assessments available
- * New curbing in the weight room

FACILITY

- * New local Senior Management team
- * New dehumidification unit in the pool area
- * New lobby furniture
- * New shower heads in the family area and locker rooms
- * Paper towel dispensers added to locker rooms
- * Air conditioning in gyms
- * Painted commons area
- * Relocated Guest service desk
- * New scale in Men's locker room
- * Now open on most holidays

POOL

- * Newly structured curriculum for swim lessons
- * Expanded daytime open swim hours
- * New warmer temperature in rec pool
- * New dehumidification units
- * New Wibit water obstacle course
- * New Elephant water slide
- * Expanded Giant slide hours
- * Newly painted wall
- * Tot Time program
- * Brand NEW diving board

CHILDCARE

- * New expanded hours
- * Drop in's now available (if space)
- * New foam floor
- * Option to have FREE with Platinum membership (in January 2017)
- * New chalk wall

SAFARI ISLAND FACILITY RENTALS

BIRTHDAY PARTY PACKAGE INCLUDES:



BRAND NEW SLIDE!!!



- ◆ Invites for guests.
- ◆ Decorated room for 1 hour.
- ◆ Facility admission for 10 kids & 5 adults, additional kids are \$6.00 each.
- ◆ Dairy Queen ice cream cake and beverages.
- ◆ Party favor bags for 10 kids that are based on gender and age.
- ◆ Safari Island beach towel & balloons for guest of honor.

COST: \$160.00–Members
\$200.00–Non-Members

ROOM RENTAL OPTIONS:

Rent one of our rooms for a meeting space or decorate the room yourself for a party and pay for each individual to use the facility!

Den 1 or 3: \$25.00 per hour
(Seats 15-20 people)

Dens 1 & 2: \$40.00 per hour
(Seats 25 or more people)



8 Foot Table Rentals~\$8.00 a day per table. (Pick up only)
Security deposit of \$100 every 5 tables.

COURT RENTALS~\$35.00/Hour

Rent a court for Volleyball, Pickleball, Basketball, or Floor Hockey.

BATTING CAGE RENTAL~\$40.00/Hour

We supply nets, helmets, pitching machines for baseball or softball. You just bring your own bat!



LAP LANE RENTALS~\$27.50/HR
GROUP RENTALS~20 or more people.
Call for pricing.
Boy Scout Testing~\$6.50 per person

Contact Amanda Johnson at 952-442-0695 or ajohnson@waconia.org for more information about any of our rentals. You can also visit our website at www.safariislandcommunitycenter.com.

SAFARI ISLAND AQUATICS

For level descriptions and more detailed information about aquatics
visit us at www.safariislandcommunitycenter.com

CANCELLATION POLICY

- Cancellation 7 days or more prior to the start date \$10.00 fee.
- Cancellation 48 hours to 6 days prior to the start date 1/2 the program costs.

To register on-line call Safari Island Front Desk at 952-442-0695 to get your Client ID and PIN number.
Then visit our website www.safariislandcommunitycenter.com for easy registration from home.

Winter Session 1 - Tuesdays & Thursdays (8 Classes) January 3 - January 26, 2017		
Platinum Member Registration	December 12, 2016	
Member Registration	December 19, 2016	
Non-Member Registration	December 26, 2016	
Course #	Class	Time
5101	Parent & Tot	5:25 PM - 5:55 PM
5102	Puddle Jumpers 1	4:25 PM - 4:55 PM
5103	Puddle Jumpers 1	5:00 PM - 5:30 PM
5104	Puddle Jumpers 1	6:10 PM - 6:40 PM
5105	Puddle Jumpers 2	4:25 PM - 4:55 PM
5106	Puddle Jumpers 2	5:35 PM - 6:05 PM
5107	Puddle Jumpers 2	6:45 PM - 7:15 PM
5108	Puddle Jumpers 3	5:00 PM - 5:30 PM
5109	Puddle Jumpers 3	6:10 PM - 6:40 PM
5110	Puddle Jumpers 4	5:35 PM - 6:05 PM
5111	Puddle Jumpers 4	6:45 PM - 7:15 PM
5112	Level 1	4:35 PM - 5:20 PM
5113	Level 2	6:00 PM - 6:45 PM
5114	Level 3	6:50 PM - 7:35 PM

Winter Session 3 - Sundays (7 Classes) January 15 - February 26, 2017		
Platinum Member Registration	December 12, 2016	
Member Registration	December 19, 2016	
Non-Member Registration	December 26, 2016	
Course #	Class	Time
5134	Parent & Tot	2:35 PM - 3:05 PM
5137	Puddle Jumpers 1	2:00 PM - 2:30 PM
5139	Puddle Jumpers 2	3:10 PM - 3:40 PM
5249	Level 1	1:55 PM - 2:40 PM
5250	Level 2	2:45 PM - 3:30 PM
5251	Level 3	3:35 PM - 4:20 PM

Winter Session 2 - Saturdays (7 Classes) January 14 - February 25, 2017		
Platinum Member Registration	December 12, 2016	
Member Registration	December 19, 2016	
Non-Member Registration	December 26, 2016	
Course #	Class	Time
5115	Parent & Tot	9:10 AM - 9:40 AM
5116	Puddle Jumpers 1	9:10 AM - 9:40 AM
5117	Puddle Jumpers 1	10:20 AM - 10:50 AM
5118	Puddle Jumpers 1	11:30 AM - Noon
5119	Puddle Jumpers 2	9:45 AM - 10:15 AM
5120	Puddle Jumpers 2	11:30 AM - Noon
5121	Puddle Jumpers 3	10:20 AM - 10:50 AM
5122	Puddle Jumpers 3	10:55 AM - 11:25 AM
5123	Puddle Jumpers 4	9:45 AM - 10:15 AM
5124	Puddle Jumpers 4	10:55 AM - 11:25 AM
5125	Level 1	9:35 AM - 10:20 AM
5126	Level 1	11:15 AM - Noon
5127	Level 2	8:45 AM - 9:30 AM
5128	Level 2	10:25 AM - 11:10 AM
5129	Level 3	8:45 AM - 9:30 AM
5130	Level 3	10:25 AM - 11:10 AM
5131	Level 4	9:35 AM - 10:20 AM
5132	Level 5	11:15 AM - Noon
5133	Level 6	11:15 AM - Noon

Not sure what Level?
Let us do a swimming
assessment!
Call 952-856-7722
to schedule.

SAFARI ISLAND AQUATICS

Winter Session 4 - Mondays (7 Classes) January 16 - February 27, 2017

Platinum Member Registration December 12, 2016
Member Registration December 19, 2016
Non-Member Registration December 26, 2016

Course #	Class	Time
5144	Parent & Tot	5:35 PM - 6:05 PM
5145	Puddle Jumpers 1	4:25 PM - 4:55 PM
5146	Puddle Jumpers 1	5:00 PM - 5:30 PM
5147	Puddle Jumpers 1	6:10 PM - 6:40 PM
5148	Puddle Jumpers 2	5:35 PM - 6:05 PM
5149	Puddle Jumpers 2	6:40 PM - 7:10 PM
5150	Puddle Jumpers 2	6:45 PM - 7:15 PM
5151	Puddle Jumpers 3	4:25 PM - 4:55 PM
5152	Puddle Jumpers 3	5:00 PM - 5:30 PM
5153	Puddle Jumpers 3	6:10 PM - 6:40 PM
5154	Puddle Jumpers 4	4:25 PM - 4:55 PM
5155	Puddle Jumpers 4	6:45 PM - 7:15 PM
5156	Level 1	5:00 PM - 5:45 PM
5157	Level 2	5:50 PM - 6:35 PM

Winter Session 5 - Tuesdays & Thursdays (8 Classes) January 31 - February 23, 2017

Platinum Member Registration December 12, 2016
Member Registration December 19, 2016
Non-Member Registration December 26, 2016

Course #	Class	Time
5158	Parent & Tot	5:25 PM - 5:55 PM
5159	Puddle Jumpers 1	4:25 PM - 4:55 PM
5160	Puddle Jumpers 1	5:00 PM - 5:30 PM
5161	Puddle Jumpers 1	6:10 PM - 6:40 PM
5162	Puddle Jumpers 2	4:25 PM - 4:55 PM
5163	Puddle Jumpers 2	5:35 PM - 6:05 PM
5164	Puddle Jumpers 2	6:45 PM - 7:15 PM
5165	Puddle Jumpers 3	5:00 PM - 5:30 PM
5166	Puddle Jumpers 3	6:10 PM - 6:40 PM
5167	Puddle Jumpers 4	5:35 PM - 6:05 PM
5168	Puddle Jumpers 4	6:45 PM - 7:15 PM
5169	Level 1	4:35 PM - 5:20 PM
5170	Level 1	6:00 PM - 6:45 PM
5171	Level 3	6:50 PM - 7:35 PM

Spring Session 1 - Mondays (8 Classes) March 13 - May 1, 2017

Platinum Member Registration December 12, 2016
Member Registration December 19, 2016
Non-Member Registration December 26, 2016

Course #	Class	Time
5172	Parent & Tot	5:35 PM - 6:05 PM
5173	Puddle Jumpers 1	4:25 PM - 4:55 PM
5174	Puddle Jumpers 1	5:00 PM - 5:30 PM
5175	Puddle Jumpers 1	6:10 PM - 6:40 PM
5176	Puddle Jumpers 2	5:35 PM - 6:05 PM
5177	Puddle Jumpers 2	6:40 PM - 7:10 PM
5178	Puddle Jumpers 2	6:45 PM - 7:15 PM
5179	Puddle Jumpers 3	4:25 PM - 4:55 PM
5180	Puddle Jumpers 3	5:00 PM - 5:30 PM
5181	Puddle Jumpers 3	6:10 PM - 6:40 PM
5182	Puddle Jumpers 4	4:25 PM - 4:55 PM
5183	Puddle Jumpers 4	6:45 PM - 7:15 PM
5184	Level 1	5:00 PM - 5:45 PM
5185	Level 2	5:50 PM - 6:35 PM

Spring Session 2 - Tuesdays & Thursdays (8 Classes) March 14 - April 6, 2017

Platinum Member Registration December 12, 2016
Member Registration December 19, 2016
Non-Member Registration December 26, 2016

Course #	Class	Time
5186	Parent & Tot	5:25 PM - 5:55 PM
5187	Puddle Jumpers 1	4:25 PM - 4:55 PM
5188	Puddle Jumpers 1	5:00 PM - 5:30 PM
5189	Puddle Jumpers 1	6:10 PM - 6:40 PM
5190	Puddle Jumpers 2	4:25 PM - 4:55 PM
5191	Puddle Jumpers 2	5:35 PM - 6:05 PM
5192	Puddle Jumpers 2	6:45 PM - 7:15 PM
5193	Puddle Jumpers 3	5:00 PM - 5:30 PM
5194	Puddle Jumpers 3	6:10 PM - 6:40 PM
5195	Puddle Jumpers 4	5:35 PM - 6:05 PM
5196	Puddle Jumpers 4	6:45 PM - 7:15 PM
5197	Level 1	4:35 PM - 5:20 PM
5198	Level 2	6:00 PM - 6:45 PM
5199	Level 3	6:50 PM - 7:35 PM

SAFARI ISLAND AQUATICS

Spring Session 3 - Saturdays (7 Classes) March 18 - April 29, 2017

Platinum Member Registration December 12, 2016
Member Registration December 19, 2016
Non-Member Registration December 26, 2016

Course #	Class	Time
5200	Parent & Tot	9:10 AM - 9:40 AM
5201	Puddle Jumpers 1	9:10 AM - 9:40 AM
5202	Puddle Jumpers 1	10:20 AM - 10:50 AM
5203	Puddle Jumpers 1	11:30 AM - Noon
5204	Puddle Jumpers 2	9:45 AM - 10:15 AM
5205	Puddle Jumpers 2	11:30 AM - Noon
5206	Puddle Jumpers 3	10:20 AM - 10:50 AM
5207	Puddle Jumpers 3	10:55 AM - 11:25 AM
5208	Puddle Jumpers 4	9:45 AM - 10:15 AM
5209	Puddle Jumpers 4	10:55 AM - 11:25 AM
5210	Level 1	9:35 AM - 10:20 AM
5211	Level 1	11:15 AM - Noon
5212	Level 2	8:45 AM - 9:30 AM
5213	Level 2	10:25 AM - 11:10 AM
5214	Level 3	8:45 AM - 9:30 AM
5215	Level 3	10:25 AM - 11:10 AM
5216	Level 4	9:35 AM - 10:20 AM
5217	Level 5	11:15 AM - Noon
5218	Level 6	11:15 AM - Noon

Day Session 1 - Tuesdays & Thursdays (8 Classes) January 10 - February 2, 2017

Platinum Member Registration December 12, 2016
Member Registration December 19, 2016
Non-Member Registration December 26, 2016

Course #	Class	Time
5255	Parent & Tot	9:00 AM - 9:30 AM
5256	Puddle Jumpers 1	9:35 AM - 10:05 AM
5257	Puddle Jumpers 2	10:10 AM - 10:45 AM
5258	Puddle Jumpers 3	10:50 AM - 11:20 AM

Day Session 2 - Tuesdays & Thursdays (8 Classes) February 7 - March 2, 2017

Platinum Member Registration December 12, 2016
Member Registration December 19, 2016
Non-Member Registration December 26, 2016

Course #	Class	Time
5259	Parent & Tot	9:00 AM - 9:30 AM
5260	Puddle Jumpers 1	9:35 AM - 10:05 AM
5261	Puddle Jumpers 2	10:10 AM - 10:45 AM
5262	Puddle Jumpers 3	10:50 AM - 11:20 AM

Spring Session 4 - Sundays (7 Classes) March 19 - May 7, 2017 (No class April 16)

Platinum Member Registration December 12, 2016
Member Registration December 19, 2016
Non-Member Registration December 26, 2016

Course #	Class	Time
5219	Parent & Tot	2:35 PM - 3:05 PM
5220	Puddle Jumpers 1	2:00 PM - 2:30 PM
5222	Puddle Jumpers 2	3:10 PM - 3:40 PM
5252	Level 1	1:55 PM - 2:40 PM
5253	Level 2	2:45 PM - 3:30 PM
5254	Level 3	3:35 PM - 4:20 PM

Spring Session 5 - Tuesdays & Thursdays (8 Classes) April 11 - May 4, 2017

Platinum Member Registration December 12, 2016
Member Registration December 19, 2016
Non-Member Registration December 26, 2016

Course #	Class	Time
5227	Parent & Tot	5:25 PM - 5:55 PM
5228	Puddle Jumpers 1	4:25 PM - 4:55 PM
5229	Puddle Jumpers 1	5:00 PM - 5:30 PM
5230	Puddle Jumpers 1	6:10 PM - 6:40 PM
5231	Puddle Jumpers 2	4:25 PM - 4:55 PM
5232	Puddle Jumpers 2	5:35 PM - 6:05 PM
5233	Puddle Jumpers 2	6:45 PM - 7:15 PM
5234	Puddle Jumpers 3	5:00 PM - 5:30 PM
5235	Puddle Jumpers 4	5:35 PM - 6:05 PM
5236	Puddle Jumpers 4	6:45 PM - 7:15 PM
5237	Level 1	4:35 PM - 5:20 PM
5238	Level 2	6:00 PM - 6:45 PM
5239	Level 3	6:50 PM - 7:35 PM

GROUP LESSON RATES

7 SESSIONS

\$48 MEMBERS

\$70 NON-MEMBERS

GROUP LESSON RATES

8 SESSIONS

\$55 MEMBERS

\$80 NON-MEMBERS

SAFARI ISLAND SAFETY & RECERTIFICATION CLASSES

LIFEGUARD TRAINING

This class will teach the knowledge and skills needed to prevent and respond to aquatic emergencies, primarily at pools. American Red Cross (ARC) Lifeguard Training includes certification in Lifeguard Training and First Aid valid for two (2) years, & CPR/AED for the Professional Rescuer valid for two (2) years. In class time is approximately 19.25 hours, but may vary due to class size.

APPROXIMATE COURSE LENGTH:

- eLearning Time - 9 hours, 20 minutes
- Classroom/Pool Time - 19.25 hours

Date & Time:	Course #5098 Registration Deadline is Friday, December 9. Prerequisite Test Date: Wednesday December 14 4:30 PM - 6:30 PM Class Dates: Tuesday December 27 10:00 AM - 3:45 PM Wednesday December 28 10:00 AM - 3:45 PM Thursday December 29 10:00 AM - 3:45 PM
Date & Time:	Course #5247 Registration Deadline is Monday, January 2. Prerequisite Test Date: Wednesday January 4 5:30 PM - 6:30 PM Class Dates: Wednesdays Jan. 11-Feb. 15 5:00 PM - 8:30 PM
Date & Time:	Course #5263 Registration Deadline is Monday, February 27. Prerequisite Test Date: Wednesday March 1 5:30 PM - 6:30 PM Class Dates: Monday March 6 10:00 AM - 2:00 PM Tuesday March 7 10:00 AM - 2:00 PM Wednesday March 8 10:00 AM - 2:00 PM Thursday March 9 10:00 AM - 2:00 PM Friday March 10 10:00 AM - 2:00 PM
Date & Time:	Course #5264 Registration Deadline is Monday, March 27. Prerequisite Test Date: Wednesday March 29 5:30 PM - 6:30 PM Class Dates: Wednesdays April 5-May 10 4:30 PM - 8:00 PM
Cost:	Member \$185.00 Non-Member \$205.00

\$35.00 fee will be paid by participants directly to the America Red Cross for the Online Training Component.



LIFEGUARD CLASS RECERTIFICATION - BLENDED

The American Red Cross Blended Learning Lifeguarding course utilizes online modules, classroom lectures, and in-water practice to teach candidates the skills needed to help prevent and respond to aquatic emergencies.

APPROXIMATE COURSE LENGTH:

- eLearning Time - 7 hours, 25 minutes
- Classroom/Pool Time - 11.25 hours

Date & Time:	Course #5248 Registration Deadline is Monday, January 2. Prerequisite Test Date: Wednesday January 4 5:30 PM - 6:30 PM Class Dates: Saturday January 7 9:00 AM - 3:00 PM Sunday January 8 9:00 AM - 3:00 PM
Date & Time:	Course #5265 Registration Deadline is Wednesday, Feb. 15. Prerequisite Test Date: Friday February 17 5:30 PM - 7:00 PM Class Dates: Saturday February 25 9:00 AM - 3:00 PM Sunday February 26 9:00 AM - 3:00 PM
Date & Time:	Course #5266 Registration Deadline is Wednesday, March 15. Prerequisite Test Date: Friday March 17 5:30 PM - 7:00 PM Class Dates: Saturday March 25 9:00 AM - 3:00 PM Sunday March 26 9:00 AM - 3:00 PM
Cost:	Member \$105.00 Non-Member \$120.00

\$35.00 fee will be paid by participants directly to the America Red Cross for the Online Training Component.

WATER SAFETY INSTRUCTOR

PARTICIPANT MUST ATTEND EVERY CLASS TO BE ELIGIBLE FOR CERTIFICATION; NO MAKE-UP DAYS/TIMES ALLOWED.

Participants must be 16 years old in order to work at Safari Island.

*THE FOLLOWING ARE COURSE PREREQUISITES:

Participants will be required to take and pass a Level 4 swim test to continue in the course. The swim test consists of the following:

Front Crawl: 25 yards Sidestroke: 25 yards
Back Crawl: 25 yards Butterfly: 15yards
Breaststroke: 25 yards Elementary Backstroke: 25 yards
Maintain position on back for 1 minute in deep water (floating or sculling).
Tread Water for 1 minute.

NOTE: Participants are required to register in advance. Participants will NOT be required to pay for the course until they pass the prerequisite testing and a class schedule is determined.

COURSE LENGTH:

- Classroom/Pool Time - approximately 35 hours

Date & Time:	Course #5246 Prerequisite Test Date: Mon. December 19 6:30 PM - 8:30 PM Class Dates: Will be determined by class participants. Once participants have passed the prerequisite testing a class schedule will be determined.
Cost:	Member \$200.00 Non-Member \$225.00

\$35.00 fee will be paid by participants directly to the America Red Cross for the Online Training Component.

SAFARI ISLAND FITNESS

Personal Training

Partner with our certified personal trainers and begin your personal metamorphosis into being a healthier, strong, more energetic YOU. Not sure how to start a fitness program? Bored with the same old workouts? Not seeing results with current workouts? Stop by Safari Island and talk to a certified personal trainer today!

Individual Training

Workouts are customized and designed based on your limitations and individual goals!

Buddy Training

Individuals with similar goals and who enjoy the same kind of workouts.

Small Group Training

A group environment while still getting personalized attention and routines tailored to each individual's goals!

Contact Sara Weidemann at sweidemann@waconia.org for pricing.

Fitness Assessments

Schedule your assessment with a certified personal trainer and let us help by providing you with baseline information needed to start a program.

Body Composition Assessment: \$25

Full Fitness Assessment: \$50

Prices include initial and follow-up assessments. Assessments are included in personal training packages!

IRON FIT

**ACCEPT THE CHALLENGE,
EXPECT RESULTS.**



POWER

AGILITY

STRENGTH

www.safariislandcommunitycenter.com/personal-training
to see how you can sign up for the next challenge!

SAFARI ISLAND FITNESS

Group Fitness Classes

Strength Classes

Boot Camp
PiYo
Core Training
T.B.C.
Circuit Express
H.I.I.T.
Kettle Kombo
Yoga Sculpt
Butts & Guts
Barbell Strength

FREE classes for platinum membership
\$3 per class for basic membership
\$5 per class for non-members
For existing members classes are still free

Cardio Classes

Box, Burn & Sculpt
Zumba
Turbo Kick
Tabata Kick
Cycle
Cycle & Strength

Mind/Body Classes

Hatha Flow Yoga
Stretch & Flow Yoga
Yoga Mix

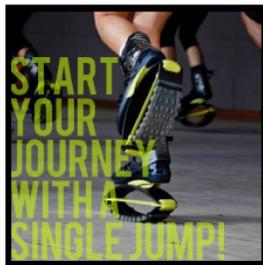
Water Classes

Aqua Challenge
Arthritis Foundation
Aqua Mix
H2O Muscles & Motion
H2O Deep

Senior Classes

Senior Boot Camp
Silver Sneakers Yoga
Silver & Fit Excel

FULL schedule with days & times is available at www.safariislandcommunitycenter.com



KANGOO JUMPS SPECIALTY CLASS

Kangoo Bootcamp specialty classes are coming to Safari Island! Classes are different every week and can be modified for any intensity...which is rad, because all ability levels are able to work together to create an awesome and inviting environment. Consisting of core strengthening exercises, team-building challenges and agility drills, this class is suitable for every BODY! Kiddos are welcome as we have sizes 1-14! We offer FREE demo classes before you sign up for the 6 week session!

Cost is \$60 for members and \$70 for non-members.

There is an equipment based fee if you don't have boots! Please call Sara Weidemann at 952-769-7950 or check out our website to see when the next set of sessions start!





Learn To Skate

Waconia Skate School

Learn To Skate Lessons

Group lessons are considered the first step towards becoming any type of skater including recreational, hockey, or competitive U.S. Figure Skater.

The Waconia Ice Arena offers a *Basic Skills* program which is available for beginner to intermediate skaters ages 3 and older. Classes are offered two different days of the week as a convenience to your busy schedules.

Skate Rental

Skate rentals available for \$2.50 each session (sizes 8 for children through adults).

Registration Procedures

Registrations can take place online at:

www.waconiaicearena.com

or in person at Safari Island Community Center or Waconia Ice Arena during weekend open skate hours. Registrations are not accepted on the first day of the session. Those registering after the start date are not subject to prorating. This policy is necessary to prevent late registrations & allows adequate time for hiring of staff. Keep in mind that it's common for children to repeat a level several times before advancing to the next level. Attendance at all sessions is important for your child to learn new skills.

Registration Deadlines

One week prior to the start of lessons or until spaces fill.

Explore Ice Skating

Winter 2017: January 11 - March 4

Spring 2017: March 15 - May 3

8 Week Program; all sessions are 30 minutes

Class Fee - \$67.00 (Registration through January 2)

Class Fee - \$76.00 (Registration January 3 or later)

Register at Safari Island or Waconia Ice Arena or online at www.waconiaicearena.com.

Wednesday *January 11 - March 1, 2017*

Course #	6:00 PM
5073	Snow Plow Sam 1 (Ages 3-6)
5077	Snow Plow Sam 2 (Ages 3-6)
5081	Beginner LTS (Ages 8-15)
Course #	6:30 PM
5085	Snow Plow Sam 3 (Ages 3-6)
5089	Intermediate LTS (Ages 5-15)
5094	Advanced LTS (Ages 5-15)

Saturday *January 14 - March 4, 2017*

Course #	1:15 PM
5074	Snow Plow Sam 1 (Ages 3-6)
5078	Snow Plow Sam 2 (Ages 3-6)
5082	Beginner LTS (Ages 8-15)
Course #	1:45 PM
5086	Snow Plow Sam 3 (Ages 3-6)
5090	Intermediate LTS (Ages 5-15)
5095	Advanced LTS (Ages 5-15)



Helmets highly recommended for all beginner classes, bicycle helmets ok. Remember mittens and warm jacket.

For more information, call Waconia Skate School Learn to Skate Coordinator Kristie @ (612) 237-9946 or sk8klmitchell@aol.com

Classes may be combined or cancelled if class minimums are not met.



Learn To Skate

Waconia Skate School

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Group lessons are considered the first step towards becoming any type of skater including recreational, hockey, or competitive U.S. Figure Skater.

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Registration Deadlines

One week prior to the start of lessons or until spaces fill.

Explore Ice Skating - Spring Session

Spring 2017: March 15 - May 3

8 Week Program; all sessions are 30 minutes

Class Fee - \$67.00 (Registration through March 5)

Class Fee - \$76.00 (Registration March 6 or later)

Register at Safari Island or Waconia Ice Arena or online at www.waconiaicearena.com.

Wednesday <i>March 15 - May 3, 2017</i>	
Course #	6:00 PM
5240	Snow Plow Sam 1 (Ages 3-7)
5241	Snow Plow Sam 2 (Ages 3-7)
5242	Beginner LTS (Ages 8-15)
Course #	6:30 PM
5243	Snow Plow Sam 3 (Ages 3-7)
5244	Intermediate LTS (Ages 5-15)
5245	Advanced LTS (Ages 5-15)



Helmets highly recommended for all beginner classes, bicycle helmets ok. Remember mittens and warm jacket.

For more information, call Waconia Skate School Learn to Skate Coordinator Kristie @ (612) 237-9946 or sk8klmitchell@aol.com

Classes may be combined or cancelled if class minimums are not met.

Learn To Skate

Waconia Skate School

Snowplow Sam Program

The Snowplow Sam levels are introductory classes divided into three progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children six and younger develop the ABCs of movement – Agility, Balance, Coordination and speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all. Snowplow Sam classes are geared towards children ages 3-7.

12:1 ratio except Snow Plow Sam 1 which is 8:1

Snowplow Sam 1

- A. Sit and stand up with skates on – off-ice
- B. Sit and stand up – on-ice
- C. March in place
- D. March forward (8-10 steps)
- E. March, then glide on two feet
- F. Dip in place

Snowplow Sam 2

- A. March followed by a long glide
- B. Dip while moving
- C. Backward walking, toes turned inward, shifting weight (4-6 steps)
- D. Backward wiggles (6 in a row)
- E. Forward swizzles (2-3 in a row)
- F. Beginning snowplow stop motion – in place or holding onto barrier
- G. Two-foot hop, in place (optional)

Snowplow Sam 3

- A. Forward skating (8-10 strides)
- B. Forward one-foot glide, two times skater's height (R and L)
- C. Forward swizzles (4-6 in a row)
- D. Backward swizzles (2-3 in a row)
- E. Moving forward
- F. Curves

Basic Learn to Skate Skills

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speed skating. Three progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN, and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated. Basic Learn to Skate Skills are geared towards children ages 8 and up.

Beginning Learn to Skate (Basic 1-2)

New or beginning skaters ages 8-15. Primary focus to introduce forward skating, forward two foot glide and forward bubbles.

Intermediate Learn to Skate (Basic 3-4)

Skaters who have completed Beginning LTS, Snow Plow Sam 3 or are able to move across the rink forward and backward in a gliding motion and can balance moving forward on 1 foot. Primary focus to develop forward skating, stops, backward skating, build strength and balancing on one foot to prepare for crossovers.

Advanced Learn to Skate (Basic 5-6)

Skaters who have completed Pre Alpha, Intermediate LTS, or are able to skate forward, backwards and glide forward on 1 foot proficiently. Primary focus is to develop forward crossovers, introduce backward crossovers and turns.



WACONIA ICE ARENA PROGRAMS

SKATES & FLOATS OPEN SKATE SUNDAY

Enjoy a refreshing root beer float for \$1.00 after open skate on the following Sundays:

Dates	Time	Open Skate Cost
January 8	Noon - 1:30 PM	\$3.00 Youth/Seniors for 2017
February 5	Noon - 1:30 PM	\$4.00 Adult for 2017
March 5	Noon - 1:30 PM	\$3.00 Skate Rental for 2017
April 2	Noon - 2:00 PM	
May 7	Noon - 2:00 PM	

TEEN NIGHT OPEN SKATE Saturday, January 14, 2017 9:15 PM - 10:15 PM

Text, SnapChat, or Tweet your BFF! Teen Night Open Skate is here at the Waconia Ice Arena! Raffle prize drawings, skating, and fun will be had for teens between the ages of 11 - 17.

VALENTINE'S DAY OPEN SKATE Sunday, February 12, 2017 2:15 PM - 4:00 PM

Celebrate Valentine's Day with your family and friends at this special afternoon open skate at the Waconia Ice Arena. Families are welcome to warm up after open skate with free hot chocolate and decorate a Valentine's Day cookie with their favorite frosting and sprinkles!

HOCKEY WEEKEND ACROSS AMERICA OPEN SKATE Saturday, February 25, 2017 2:15 PM - 4:00 PM

Celebrate the game we all love to play during the winter and support your favorite local, college, or NHL hockey team by wearing their jersey or clothing and receive \$1.00 off the price of admission!

ST. PATRICK'S DAY OPEN SKATE Sunday, March 12, 2017 12:00 PM - 1:30 PM

Everyone's Irish on St. Patrick's Day! Celebrate St. Patrick's Day with us at the Waconia Ice Arena by wearing green clothing and receive a discounted admission fee!

SPRING CO-ED INDOOR BROOMBALL LEAGUE



Gear up for our indoor spring broomball league! The Waconia Ice Arena is hosting co-ed adult broomball leagues in 2017.

League play begins:

- Sunday, March 19 (Recreational League)
- Monday, March 20 (Competitive League with single elimination playoffs after the completion of regular season play.

Teams must provide their own brooms, helmets, and colored jersey or jacket.

Leagues may be combined if not enough teams to form two leagues.

Registration Fees:

- ♦ **\$225 per team with a \$150 refundable player conduct fee due at the time of registration.**

Team Manager meeting will be held on **Monday, March 13, 2017 at 7:00 PM** at the Waconia Ice Arena.

WACONIA ICE ARENA OPEN SKATE & OPEN HOCKEY

OPEN SKATE (THROUGH - MARCH 13, 2017)

All ages and skill levels are welcome to attend our open skate ice time. See below for open skate dates and times, as well as our winter and spring schedule for special skating events. **Please note that open skate and themed open skate admission rates will increase on January 1, 2017.**

No open skate will be held on the following Saturdays due to WHS hockey games on December 10 and December 17.

Dates	Time	Open Skate Cost
Mondays	Noon - 2:00 PM	\$2.50 Youth/Seniors for 2016
Fridays	See Rock on Ice Schedule	\$3.50 Adult for 2016
Saturdays	2:15 PM - 4:00 PM	\$2.50 Skate Rental for 2016
Sundays	Noon - 1:30 PM	

OPEN SKATE (MARCH 18 - MAY 31, 2017)

Dates	Time	Open Skate Cost
Mondays	Noon - 2:00 PM	\$3.00 Youth/Seniors for 2017
Fridays	See Rock on Ice Schedule	\$4.00 Adult for 2017
Saturdays	2:00 PM - 4:00 PM	\$3.00 Skate Rental for 2017
Sundays	Noon - 2:00 PM	

ROCK ON ICE OPEN SKATE - FRIDAY EVENINGS

As the weather cools down, Friday nights are heating up at the Waconia Ice Arena! Grab your skates and get ready to rock out as we turn up the music and turn on the laser light show for an awesome evening of skating fun!

Dates	Time	Open Skate Cost
December 16, 2016	7:15 PM - 9:00 PM	\$2.50 Youth/Seniors for 2016
December 30, 2016	7:15 PM - 9:00 PM	\$3.50 Adult for 2016
February 10, 2017	7:15 PM - 9:00 PM	\$2.50 Skate Rental for 2016
March 10, 2017	Noon - 2:00 PM	
March 31, 2017	7:15 PM - 9:00 PM	
April 21, 2017	7:15 PM - 9:00 PM	

ADULT OPEN HOCKEY

Start a game of pickup hockey on Sunday evenings this winter. Ice time is reserved for adult recreational hockey, no checking allowed. Full equipment is required. All participants must be age 15+. (Maximum 2 goalies free)

Dates	Time	Adult Open Hockey Cost
Sundays through March 12, 2017	9:15 PM - 10:45 PM	
Sundays, March 19 - May 28, 2017	8:30 PM - 10:00 PM	\$6.00 per participant

YOUTH OPEN HOCKEY (WEDNESDAYS, MARCH 15 - MAY 31, 2017)

Gather your neighborhood friends and head to the rink for some pickup hockey with other boys and girls the same age. For all youth hockey participants, full gear is required. Youth open hockey is supervised by ice staff.

Boys & Girls Ages	Time	Youth Open Hockey Cost
Boys & Girls Ages 11 - 14	3:30 PM - 4:35 PM	
Boys & Girls Ages 6 - 10	4:40 PM - 5:45 PM	\$6.00 per participant



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Exp. 4/30/17

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Exp. 4/30/17

**50%
OFF**

**BODY COMPOSITION
ASSESSMENT**
50% off of \$25

Assessment with a certified personal trainer to help provide you with baseline information to start a fitness program.

Call 952-769-7960 to schedule!

Exp. 4/30/17

**25%
OFF**

**30 VISIT
PUNCH CARD**

Receive 25% off of one 30 Visit Punch Card. Limit one card per household.



Exp. 4/30/17

BOGO!

Purchase a single private lesson at standard pricing and receive one more for free! Limit 1 BOGO Private Lesson coupon per membership



Exp. 4/30/17

**\$50
Gift
Certificate**

\$50 Gift Certificate if you purchase an Annual Membership by April 30, 2017.

\$50 Gift Certificate can be used for any future program or service.



**20%
OFF**

SWIM LESSONS

Give Safari Island Swimming Lessons a try. Bring us a receipt from a different swim lesson program within the last 6 months and we will take 20% off swim lesson enrollment with us! Valid one time, max of four enrollments

Exp. 4/30/17

BOGO 50% OFF!



Exp. 4/30/17

OPEN SKATE ADMISSION

Buy one open skate admission, get the second admission half off. To view the Waconia Ice Arena's Open Skate schedule, visit us online at www.waconiaicearena.com.