





Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<div style="background-color: yellow; border-radius: 50%; padding: 10px; display: inline-block;"> <p>See Page 2 For Next Month's Calendar</p> </div>		1. <i>Figure Skaters Practice</i> 6-7:30am	2. <i>Figure Skaters Practice</i> 6:30-8:00am Stride Ahead Check times on back
3 Public Skate Noon-1:30pm <i>Figure Skaters Practice</i> 7:30-8:30pm	4 Adult Open Hockey 10-11:15pm	5 Public Skate 10:30-noon <i>Figure Skaters Practice</i> 3:00-5:30pm	6 <i>Figure Skaters Practice</i> 6-7:30am Public Skate 6:15-7:45pm	7 Public Skate 10:30-noon <i>Figure Skaters Practice</i> 3:00-5:30pm	8 <i>Figure Skaters Practice</i> 6-7:30am	9 <i>Figure Skaters Practice</i> 6:30-8:00am Stride Ahead Check times on back
10 Public Skate Noon-1:30pm <i>Figure Skaters Practice</i> 7:30-8:30pm	11 Adult Open Hockey 10-11:15pm	12 Public Skate 10:30-noon <i>Figure Skaters Practice</i> 3:00-5:30pm	13 <i>Figure Skaters Practice</i> 6-7:30am Public Skate 6:15-7:45pm	14 Public Skate 10:30-noon <i>Figure Skaters Practice</i> 3:00-5:30pm	15 <i>Figure Skaters Practice</i> 6-7:30am	16 <i>Figure Skaters Practice</i> 6:30-8:00am Stride Ahead Check times on back
17 Public Skate Noon-1:30pm <i>Figure Skaters Practice</i> 7:30-8:30pm	18 Adult Open Hockey 10-11:15pm	19 Public Skate 10:30-noon <i>Figure Skaters Practice</i> 3:00-5:30pm	20 <i>Figure Skaters Practice</i> 6-7:30am Public Skate 6:15-7:45pm	21 Public Skate 10:30-noon Open Youth Hockey 10:00-noon <i>Figure Skaters Practice</i> 3:00-5:30pm	22 <i>Figure Skaters Practice</i> 6-7:30am Open Youth Hockey 10:00-noon	23 <i>ISI Testing</i> 6:30-8:00 am <i>Figure Skaters Practice</i> 6:30-8:00am Stride Ahead Check times on back
24 Public Skate Noon-1:30pm <i>Figure Skaters Practice</i> 7:30-8:30pm	25 Adult Open Hockey 10-11:15pm	26 Public Skate 10:30-noon <i>Figure Skaters Practice</i> 3:00-5:30pm	27 <i>Figure Skaters Practice</i> 6-7:30am Public Skate 6:15-7:45pm	28 Public Skate 10:30-noon <i>Figure Skaters Practice</i> 3:00-5:30pm	29 <i>Figure Skaters Practice</i> 6-7:30am	30 <i>Figure Skaters Practice</i> 6:30-8:00am Stride Ahead Check times on back
31 Public Skate Noon-1:30pm <i>Figure Skaters Practice</i> 7:30-8:30pm		Have you ever wanted to try out your acting skills or learn actors makeup techniques? Check out our theater classes online!	Fall 5K & Stroller Roll November 6, 2010 More info online!!	Practice for hockey tryouts during open youth hockey! Invite your Friends! Cost \$5	Rates Open Hockey = \$5 Public Skating = \$4 Freestyle Contract = \$8	Attention Hockey Players check out the back of this calendar for clinics to give your skills added edge!!

November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> Adult Open Hockey 10-11:15pm	<i>2</i> Public Skating 10:30-noon Figure Skaters Pract. 3:30-5:30pm (south)	<i>3</i> Figure Skaters Pract. 6-7:30am (north) Public Skate 6-7:30pm	<i>4</i> Public Skating 10:30-noon Figure Skaters Pract. 3:30-5:30pm (south)	<i>5</i> Figure Skaters Pract. 6-7:30am (north)	<i>6</i> Figure Skaters Pract. 6:30-8am (north) Stride Ahead 7-8:30am
<i>7</i> Public Skate Noon-1:30pm Figure Skaters Pract. 7:30-8:30pm (west)	<i>8</i> Adult Open Hockey 10-11:15pm	<i>9</i> Public Skating 10:30-noon Figure Skaters Pract. 3:30-5:30pm (south)	<i>10</i> Figure Skaters Pract. 6-7:30am (north) Public Skate 6-7:30pm	<i>11</i> Figure Skaters Pract. 3:30-5:30pm (south) Public Skate 10:30-noon	<i>12</i> Figure Skaters Pract. 6-7:30am (north)	<i>13</i> Figure Skaters Pract. 6:30-8am (north) Stride Ahead 7-8:30am
<i>14</i> Public Skate Noon-1:30pm Figure Skaters Pract. 7:30-8:30pm (west)	<i>15</i> Adult Open Hockey 10-11:15pm	<i>16</i> Public Skating 10:30-noon Figure Skaters Pract. 3:30-5:30pm (south)	<i>17</i> Figure Skaters Pract. 6-7:30am (north) Public Skate 6-7:30pm	<i>18</i> Figure Skaters Pract. 3:30-5:30pm (south) Public Skate 10:30-noon	<i>19</i> Figure Skaters Pract. 6-7:30am (north)	<i>20</i> Figure Skaters Pract. 6:30-8am (north) Stride Ahead 7-8:30am
<i>21</i> Public Skate Noon-1:30pm Figure Skaters Pract. 7:30-8:30pm (west)	<i>22</i> Adult Open Hockey 9:45-11:00pm	<i>23</i> Public Skating 10:30-noon Figure Skaters Pract. 3:30-5:30pm (south)	<i>24</i> Figure Skaters Pract. 6-7:30am (north) Public Skate 6-7:30pm	<i>25</i> Closed for the Holiday 	<i>26</i> Figure Skaters Pract. 6-7:30am (north) TURKEY TOURNEY	<i>27</i> Figure Skaters Pr 6:30-8am (north) Stride Ahead 7-8:30am Park Girls vs Burnsville Non-Conference JV-1:30 ~ Varsity-3:00
<i>28</i> Public Skate Noon-1:30pm Figure Skaters Pract. 7:30-8:30pm (west)	<i>29</i> Adult Open Hockey 10-11:15pm 	<i>30</i> Public Skating 10:30-noon Figure Skaters Pract. 3:30-5:30pm (south) Park Girls vs Roseville JV~5:15 Varsity~7:30	Grand Slam Trip December 3, 2010 8-4:30pm \$30 More info on our website!!	Decorate and Skate Dec. 1, 2010~6:30-8pm Bring a new or gently used ornament for our tree and skate for \$2	Rates Open Hockey = \$5 Public Skating = \$4 Figure Skate large. = \$8 Figure Skate small = \$4 Skate Sharpening = \$4	High School Hockey Games: Adults - \$6 Students/Seniors - \$4 5 & under - Free

Cottage Grove Ice Arena ~ 8020 80th Street South ~ www.cottage-grove.org ~ 651-458-3400

**Attention Hockey Players!!
Stride Ahead Semi-Private Lessons**

Stride Ahead is a supplemental skating program designed for hockey players aged Mite through Bantam (or girls equivalent). The program focuses on skating skill improvement by teaching students how to maximize power and control through use of balance and skate edges. Stride Ahead is a great addition to any skaters regular season activities. These semi-private lessons provide superior instruction in a small group setting allowing instructors to focus on improving every students strengths and weaknesses. Stride Ahead instructors will work closely with each student to make sure they understand how to use the provided drills and skills to become a better skater and ultimately a better hockey player but still push participants beyond comfort levels to become better skaters. Sessions are typically four weeks in length. Students may participate as much or as little as desired throughout any season. This allows opportunity for many skaters in the area to participate without the overwhelming commitment of an extended program or conflicting with regular team activities. Stride Ahead should be considered as supplemental to other ice skating and hockey activities and not in replacement of. Please review your family and team commitments prior to registering. Refunds/credits will not be issued due to scheduling conflicts. All registrations due minimum of 1 week prior to session. Maximum of 7 participants per level minimum of 5 to run the class.

Program Schedule

Days Saturdays
 Times 7:00—7:45am Mite (U8) & Squirt (U10)
 7:45—8:30am PW (12) & Bantam (U14/16)

Dates:
 Session Two.....October 30, November 6, 13, 20, 2010
 Session Three...December 4, 11, 18, 2010
 Session FourJanuary 8, 15, 22, 29, 2011
 Session Five.....February 5, 12, 19, 26, 2011
 Session Six.....March 5, 12, 19, 26, 2011



Skating Lessons

Our Learn-to-Skate program is designed to prepare participants for all ice sports including; recreational skating, figure skating, hockey, and speed skating. Group lessons allow you to socialize with others while developing skill faster. Ice skating offers great health benefits. You can achieve a cardiovascular workout, lose weight, increase your endurance, tone your muscles and enhance your mental fitness. According to the U.S Figure Skating Association recreational ice skating can burn 250-810 calories per hour! Registration for winter sessions begins on October 29. Register before November 22 and receive 10% off. Participants receive a free skate savers card (value \$40) to use toward public skating sessions offered at the Cottage Grove Ice Arena. For more information go to www.cottage-grove.org

Sessions Dates:
 Winter—Week of November 29, 2010
 Spring—Week of February 14, 2011

Decorate and Skate

Get in the Holiday spirit of giving with the Second Annual event at the Ice Arena; Decorate and Skate. We recently purchased a 12ft. Evergreen tree for the arena and it needs trimming. Bring a new or gently used decoration to the arena and receive 42 off public skating. Discout valid only this evening. One ornament per person per discount. Free hot chocolate will be provided.

AgesAll
 DateDecember 1, 2010
 Time6:30-8:00pm
 Cost\$2 with ornament donation
 \$4 without ornament donation



Dasher Board Advertisements

Dasher Board advertising are the most popular form of advertising in the Ice Arena industry today. These ads surround the surface of the rink and provide the most visible and lengthy exposure to arena patrons. A one time set up fee will be assessed to the advertiser.

3' x 4' Advertisement\$500 per year
 3' x 8' Advertisement\$850 per year

Wall Ads

Wall Ads are available above each player box. This location is directly across from the bleacher viewing area and near the scoreboard for maximum exposure. Ads are made from lightweight laminated paper and are the responsibility of the advertiser. A one time set up fee is assessed to the advertiser.

3' x 4' Advertisement\$350 per year
 3' x 8' Advertisement\$500 per year