

# Crested Butte South Winter Recreation Programs

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## Ice Skating Lessons

\$65 for the season. December 28, thru February 24.

- 1) Beginners – Tuesday's from 4:00 to 4:45 These classes are for ages 3-7 and beginners. Students work on falling, marching, gliding, and moving forward and backward. Each child must wear gloves and a helmet for protection. Students will also learn forward stroking, forward crossovers in both directions, and a simple stop.
- 2) Level II – Tuesday's from 4:45 to 5:30 Students who pass all the Alpha skills now work on backward stroking and backward crossovers in both directions, plus a T-stop with each foot. Students begin to work on two different kinds of turns (forward outside edge 3-turns and inside Mohawks), as well as a hockey stop. Each child must wear gloves and a helmet for protection. Students progressing quickly will work on inside edge 3-turns, forward edges, bunny hops, lunges, and shoot-the-ducks.
- 3) Freestyle Levels: This is where you go once you have mastered all the basic levels. There are 10 levels which all include different jumping, spinning, and footwork maneuvers. Private Lessons available for \$45 per hour.

## CB South Curling League

\$80 per team(4 per team) \$20 for Free Agent, Starts January 2. 8 games guaranteed. This is a great way to get out and enjoy the ice.

- 1) Saturdays - Open League Play from 4:30 - 7:30 pm. Teams will consist of 4 players each, curling 6 end games (social). Sign up as a team for this league or sign up as an individual or "Free Agent" to be placed on a team. Instruction provided.
- 2) Wednesdays– Learn to Curl, Practice or Open Curling – 1:30 to 3:30 pm. Sign up or just show up. No Charge. Instruction is a key part of these draws, with an emphasis on helping new curlers improve and just have FUN! This is a good day for returning curlers to experience new positions and share talents with beginning curlers.
- 3) Available for Groups or Parties, to reserve a time please call: 970-209-2794

## Hockey Leagues and Play

Check rink schedule for all open times. You must sign up and pay the fee to play. There is a \$10 drop in fee/space availability. Maximum sign up is 25 per night for Mondays and Wednesdays.

- 1) Sunday – Drop In, No Charge from 6:00 to 10:00 pm.
- 2) Monday Beer League - \$30 for the season, from 8:30 to 10:30 pm
- 3) Wednesday Beer League - \$30 for the season, from 8:00 to 10:00 pm
- 4) Friday Beginning Hockey - \$30 for the season, from 8:30 to 10:00 pm

## CB South Progressive Skate Ski Clinics

*Shorten the learning curve!!! Increase your FUN!! Improve your performance!*

### **THURSDAY DEC 30<sup>TH</sup> – 11am**

CLINIC ONE – Level 1\* - Kick-Off introductory price!! \$35

Learn the essential basics of skating and VI

### **SATURDAY JAN 15<sup>th</sup> – 11am**

CLINIC TWO – For Level 1 skiers who took Clinic ONE and Level 2\* - \$40

Fine tune VI – Hills – Learn V2

### **THURSDAY JAN 27<sup>th</sup> – 11am**

CLINIC THREE – Level 2 and 3\* - \$40

Tempo – Transitions – Race strategies

Learn efficiency to make skiing more enjoyable and hone in on your skating technique prior to the Alley Loop! Eliane had entered 20 Alley Loops, she' got a few advices to share!

### **SATURDAY FEB 5<sup>TH</sup> – See you at the ALLEY-LOOP!**

### **SATURDAY FEB 12<sup>TH</sup> – 11 am**

CLINIC FOUR - Level 2 and 3\* - \$40

Review V2 - Learn V2 alternate and how to use different techniques depending on terrain and conditions.

### **SATURDAY FEB 19<sup>TH</sup> – IST ANNUAL CBS RACE!! Format TBA**

#### **\* LEVELS**

- 1) Beginner: Learn the fundamental basics of skating. This implies that one has been on skating skis before. "Never ever" can schedule a private or semi private clinic.
- 2) Advance Beginner and Intermediate: learn various techniques to achieve efficiency and/or performance.
- 3) Intermediate to Advanced Intermediate: fine-tune your skills, be it to get ready for racing or increase your enjoyment of the sport.

All Skate Clinics are taught by Eliane Wissocq. Pre-registration is encouraged, but walk-in's are welcome and should bring cash or a check addressed to CBS POA. Stop by the POA office at 61 Teocalli Rd. to register. All clinics are 1 hour and 15 minutes long. Private lessons are available for \$45 per hour.

If you have any questions or comments. Call 970-275-8125 or email [staff@cbsouth.net](mailto:staff@cbsouth.net)