2019
Winter Program Guide
Rapid City
Parks and Recreation
**Balance Bike Camp**

The goal of this Camp is to provide a solid foundation of balance and the ability to stride using STRIDER No-Pedal Balance Bikes. Learn balance, coordination, special awareness, confidence and stellar bike handling skills to maneuver obstacles BEFORE pedaling. Each child must have a bike helmet to participate.

Classes meet at Pinedale Elementary School Gym (4901 West Chicago).

Strider Bikes are available for sale at the end of the camp at a reduced rate. This is an inclusive program and individuals with special needs of any age are welcome to participate.

**Recreation**

**Adult Spring Volleyball Leagues**

Come join the fun whether it is for competitive players or players who just want to have some recreational fun. We offer leagues for all levels of experience. These leagues play for 6 weeks followed by an end of the season tournament. Games will be played at South and West Community Gyms. Season begins the week of April 2nd.

REGISTRATION DEADLINE: Mar. 27
Team Fee: $140
Leagues:

- **Tuesday Night:**
  Coed Upper B, Coed Lower B, Coed 4v4 (A Division)

- **Wednesday Night:** LIMITED TEAMS
  Women's 4v4, Women's Upper B (A) & (B), Women's Lower B (A) & (B), Women's C

- **Thursday Night:**
  Coed A, Coed Upper B, Coed Lower B, Men's A

Register online at www.rcparksandrec.org or stop by these two locations:

Swim Center: 125 Waterloo Street
Parks & Rec Office: 515 W. Blvd.

Contact Matt Brandhagen with questions:
Email: matt.brandhagen@rcgov.org
Cell (605) 415-0226
Office: (605) 394-5223

**Young Athletes Program**

The Recreation Division's Young Athletes is a unique sport and play program designed for children with special needs.

The focus is on fun activities that are important to mental and physical growth. Young Athletes develop gross and finemotor skills, hand andeye coordination, social skills and confidence through structured activities while having lots of fun. Class meets at Pinedale Elementary Gym (4901 W. Chicago St.).

Free Program for all Ages
Jan 5, 12, 26
Feb 2, 9, 23 (Play Day)
Mar 2, 9, 16, 30
Apr 6, 27 (Play Day)
No class Jan 19, Feb 16, Mar 23 and April 13 & 20

DISCLAIMER
Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors. Please visit www.rcparksandrec.org for updated information.

**Adult Winter Basketball Leagues**

Come join the fun whether it is for competitive players or players who just want to have some recreational fun. We offer leagues for all levels of experience. Leagues play for 6 weeks followed by an end of the season tournament. Games will be played at South and West Community Gyms. Season begins Sunday, January 6th.

REGISTRATION DEADLINE: Jan. 2
Team Fee: $335
Leagues:

- **Sunday Night:**
  - Men's A
  - Men's B
  - Men's Upper C
  - Men's Lower C
  - Women's

- **Tuesday Night:**
  - Limited Teams
  - Women's 4v4, Women's Upper B (A) & (B), Women's Lower B (A) & (B), Women's C

Register online at www.rcparksandrec.org or stop by these two locations:

Swim Center: 125 Waterloo Street
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Aquatics

Winter
Swim Center Building Hours
December 2018 - May, 2019

M-F 5:30 am - 9:00 pm
Saturday 8:00 am - 8:00 pm
Sunday 1:00 pm - 8:00 pm

*Pools close 15 minutes prior to building. Hours are subject to change without notice. See website for full listing of programming dates and times.

Daily Admission:
$6.00 Ages 3 to 59
$5.00 Seniors ages 60 & over

See our Website for schedule of water and land exercise class times and instructors.

SWIM LESSONS

Session/Registration Dates:
January 7-February 16, 2019
Walk-In/In-House and Phone-In registration starts December 15 at 8:00 am.
Online Registration starts December 15 at 10:00 am.

March 4 - April 13, 2019
Walk-In/In-House and Phone in registration starts December 15 at 8:00 am
Online Registration starts December 15 at 10:00 am.

- Swim Lesson schedules are available at the Swim Center or online at www.rcgov.org/departments/parks-recreation/aquatics/swim-lessons.html.
- Class offerings and times change each session.
- Cost for Swim 100-400 Levels:
  Once Per Week for 5 Weeks (Parent & Me) - $30
  Once Per Week for 5 Weeks (ages 3-13) - $37
  Twice per Week for 5 weeks (ages 3-13) - $52

Wait List Procedures
Swim Center staff will notify wait list sign-ups if your child is placed in a class; you will have until Sunday, January 6 and March 3 at 8:00 pm to come in or call the Swim Center at (605) 394-5223 to pay for registration.

If we do not hear from you by Sunday, the slot will be offered to the next person on the wait list. Individuals on the wait lists are not guaranteed placement into swim lessons.
**Swim Lesson University Lesson Format:**

Aquatics staff will place your child in the best suited level according to the prerequisites listed. Contact the aquatics staff with all questions related to swim levels.

**Parent & Me 101/102**
Prerequisite: None
Parent & Me 101: 6-18 months
Parent & Me 102: 19-36 months
Required Equipment: Students must wear swim diaper.

**Swim 100**
Prerequisite: None
Swim 101: 3-5 years
Swim 102: 6-9 years
Swim 103: 10-12 years
Required Equipment: Students must use a Power Swimr Flotation Device which is provided by Rapid City Aquatics. This is a swim aid used during lessons only; Power Swimrs are not Coast Guard approved.

**Swim Strokes 200**
Prerequisite: Swim 15 feet without the aid of a floatation device, face in the water, and breathing as needed.
Swim Strokes 201: 3-5 years
Swim Strokes 202: 6-9 years
Swim Strokes 203: 10-12 years

**Advanced Swim Strokes 300**
Prerequisite: Swim 25 feet of both backstroke and freestyle with side breathing.
Advanced Swim Strokes 301: 3-5 years
Advanced Swim Strokes 302: 6-9 years
Advanced Swim Strokes 303: 10-12 years

**Lifesaving Strokes 400**
Prerequisite: Swim 25 feet of both backstroke and freestyle with side breathing.
Lifesaving Strokes 401: 3-5 years
Lifesaving Strokes 402: 6-9 years
Lifesaving Strokes 403: 10-12 years

1. After passing Swim Strokes 200, students can take either Advanced Swim Strokes 300 or Lifesaving Strokes 400 in no particular order.
2. All 103, 203, 303 and 403 classes are combined with 102, 202, 302 and 402 (6-9 year olds) to ensure classes will not be cancelled due to low enrollment.

**Scuba Bubble Night**

Black Hills Aquatic Adventures is sponsoring Bubble Night the last Friday of each month from 6:30 - 8:45 pm at the Roosevelt Swim Center.

- January 25
- February 22
- March 29
- April 26
- May 31

$8 per person

Get your bubble fix and keep diving talents current! Certified divers must submit dive certification ID to front desk staff. Please clean your gear before entering the pool.

**NOTES:**

Daycare Lessons: Daycares may schedule group lessons at the Swim Center through Emily Carstensen. E-mail emily.carstensen@rcgov.org with questions.

If you are looking for Private Swim Lessons, fill out a request form at the Swim Center. The cost is $25 per half hour, per swimmer. Lesson may take 2-6 weeks to be assigned to an instructor. E-mail nick.outka@rcgov.org for more information.

Adaptive Swim: Have a special need? Staff at the Swim Center can assist with finding the appropriate instructor. Call 394-5223 for assistance.

**Water Polo**

Learn the sport of Water Polo or practice your skills with a fun group.

Saturdays: 11:30am - 1:00 pm

Call the Swim Center at 394-5223 for more information.

**Lap Pool**

Lane assignments are listed online.

Register for all classes online at: [http://www.rcgov.org/Parks-and-Recreation/aquatics.html](http://www.rcgov.org/Parks-and-Recreation/aquatics.html)

Like our Facebook Page
Rapid City Parks & Recreation and follow us on Twitter @RC_ParksandRec
Aquatics Programming for All Ages

Preschool Splash
10:30 am - 12:00 pm on Fridays.
Open swim time for children ages 6 and under with adult supervision in the water.
Children enjoy water exploration and float toys are provided. No daycares please.
$3.00 per person.

Kids Night Out
4 years and over (must be potty trained)
5:00 - 10:00 pm $25 per child
Join us for creative activities, swimming, games, movies and more! Please bring swim suit, towel, comfortable clothing or PJs, sleeping bag and pillow. Concessions are available after swimming. Space is limited to 20 participants; you must sign up by Thursday prior to close of business.

- January 19
- February 16
- March 2
- April 13
- May 11

American Red Cross Health and Safety Courses

Rapid City Aquatics is pleased to be a Licensed Training Provider (LTP) and Strategic Partner with the American Red Cross. Please see our website for class information offered at the Swim Center. Contact Barb @ barbara.iwan@rcgov.org with questions.

Babysitter Training
January 21: 9 am - 5:00 pm
What you need to know and what every parent wants in a safe and responsible babysitter! Designed for 11 to 15 year olds, the Babysitter’s Training course can help you
- Care for children and infants.
- Be a good leader and role model.
- Keep the children you babysit and yourself safe.
- Handle emergencies such as injuries, illnesses and household accidents.
- Write resumes and interview for jobs.
- And much more!

CPR/AED/First Aid
Various course components can be taught together. We offer Adult, Child, Infant CPR/AED for the Lay Rescuer, BLS for the Health Care Provider, AED training, First Aid, Bloodborne Pathogens and Oxygen Administration.

CPR Instructor
Call the Swim Center at 394-5223 for details.

Lifeguard Training
Lifeguard training with CPR/AED for the Professional Rescuer. Waterpark and Waterfront options are also available. Must be 16 years of age or older.

Water Safety Instructor Course
This course teaches the principals of instruction to prospective swim lesson instructors. Candidates should have a good understanding of swimming strokes and be able to demonstrate each and have the will to learn and teach Front Crawl, Backstroke, Breaststroke, Butterfly and Sidestroke. Must be 16 years of age or older.

Lifeguard Instructor
This program offers training for instructor candidates to teach American Red Cross Lifeguarding, Shallow Water Lifeguarding, Waterfront Skills, Waterpark Skills, CPR/AED for the Professional Rescuer and Health Care Provider, Administering Emergency Oxygen and Bloodborne Pathogens. Participants must be 17 years of age or older. See website for additional requirements.
Roosevelt Park Ice Arena
“The Coolest Place in Town”
235 Waterloo Street
Rapid City, SD 57701
(605) 394-6161

Staff
Doug Lowe, Recreation Division Manager
Erin Holmes, Recreation Program Specialist
Patty Behnke, Learn to Skate Supervisor
Gary Stanley, Hockey Program Supervisor

2019 Public Skate Rates
Admission: $6.00
Senior Rate (62 and up): $5.00
Skate Rental: $4.00
Group Rate: $5.00
(Group Rate applies to groups of 30 or more. Please call ahead. Price includes skates.)

10 Punch Pass (Admission only): $47
Season Pass* (Admission only):
   Individual $151
   Family* (4 people) $349
   Each Additional $50
* Sales taxes will be added to purchase price for season and family passes.

NOTE: The City of Rapid City and the Roosevelt Park Ice Arena reserve the right to make changes to these times and costs as necessary.

School’s Out! Public Skate
When Rapid City Area Schools have a day off that does not normally have a public skate session, the Roosevelt Park Ice Arena will offer a special Public Skate from 1:30-3:30 pm. Admission will be $6 and will include skates. Check our calendar monthly or call (605) 394-6161 for the latest information!

2019 Public Skating Hours
Special events may cause cancellations to Public Skate at any given time. Check the Roosevelt Park Ice Arena Facebook page for updated information. Please be aware that some of these days may be taken up by special events such as figure skating competitions and hockey tournaments. We also have a calendar available online at https://www.rcgov.org/departments/parks-recreation/ice-arena.html. Please note this is a working document and changes can be made at any time. Every effort will be made to keep this current, however there may be times changes are made and the calendar will not be immediately updated. Please call the rink before coming to ensure we still have Public Skate on the day you are planning to skate. Thank you!

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>1:30 - 3:30 pm</td>
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<tr>
<td>Thursday</td>
<td>1:30 - 3:30 pm</td>
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<tr>
<td>Friday</td>
<td>11:30 am - 3:30 pm &amp; 7:00 - 9:00 pm</td>
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<tr>
<td>Saturday</td>
<td>1:30 - 3:30 pm &amp; 6:30 - 9:00 pm</td>
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<tr>
<td>Sunday</td>
<td>2:45 - 5:00 pm *</td>
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*Family Package: Admission and skates for a family of four for $25. Regular admission will be charged after the fourth family member. (Sunday skate only).
Learn to Skate Classes

Learn to Skate USA

The Roosevelt Park Ice Arena is proud to deliver quality skating programs through Learn to Skate USA. These programs provide:

- A goal-oriented program that provides incentive and encouragement to keep skaters motivated.
- A personalized approach that allows skaters to progress at their own rate and advance after skill mastery is demonstrated.
- A curriculum that offers something for everyone—from first steps on the ice to mastering advanced techniques.
- Solid skill development based upon the ABCs of basic athleticism—agility, balance, coordination and speed.
- A progressive system that, upon completion of the program, allows skaters to confidently advance to more specialized areas of skating.
- Access to continued education and resources for parents of young skaters to assist with making the appropriate decisions along the way.
- Nationally certified Learn to Skate USA instructors, assistants and volunteers.

Snowplow Sam 1-4
Snowplow Sam levels are for children ages 4 & 5. These classes are designed to develop preliminary coordination and strength necessary to maneuver on the ice independently. Skills include proper falling and getting up techniques as well as balance, marching and gliding maneuvers. Skills in Snowplow Sam classes are taught primarily through fun and games. Bike helmets and gloves are recommended. Classes are 35 minutes long including 5 minutes of off-ice warm up every class.

Basic Skills 1-6
There are 6 levels of “Basic Skills” that help students master the fundamentals of the sport. Students must be 6 years old to participate. Basic 1, 2 & 3 levels are designed for learning balance stroking and edge control. Basic 4 & 5 focus on forward/backward crossovers and 3 turns. Basic 6 teaches more advanced turns and edges. Students progress through these levels at different rates, and some levels may require repetition and extra practice time at Learn to Skate USA Practice to fully master. Bike helmets and gloves are recommended. Levels may be combined due to enrollment.

Pre Freeskate and Freeskate 1-6
Upon completion of the Basic Skills levels the student is ready for Pre Freeskate and then Freeskate classes. Each level offers progressive skating skills, transitions, spins and jumps. Each skill builds on the last. Instructors focus on quality and mastery of skills. All students progress through these levels at different rates and some levels may require repetition in order to master.

‘ONE’ FREE Six Punch Pass
for each student enrolled in Learn to Skate Class

Each student enrolled in a Learn to Skate session will receive ‘ONE’ 6-punch pass (regardless of number of classes enrolled in) good for admission into Public Skate or Learn to Skate USA Practice six times during their session. This will provide skaters time to practice newly emerging skills. This pass includes a skate rental for the student if needed. These punch cards can ONLY be used for the registered student and will expire at the end of the session. If parents, siblings or friends accompany the child onto the ice, they must pay the regular skate admission for the session they are attending.

Adult Figure Skating
The adult curriculum is designed for the beginning adult skater. It will promote physical fitness as well as improve balance and coordination while learning proper skating techniques. For those adults that skated in their youth but wish to build on their skills, this is the perfect class to regain your confidence and master new techniques.

Specialty Classes
These classes vary by session and are open to skaters at listed skill levels above Basic 4. Call the rink at (605) 394-6161 for more information.
## Class Schedule

### Session Three (Jan 5-Feb 12)

#### Saturday Classes (Jan 5-Feb 9)
- 9:30-10:30  Learn to Play Hockey  $65
- 10:45-11:30 Hockey 1-4  $65
- 11:30-12:05 Snowplow Sam 1-4  $55
- 11:30-12:15 Basic 1-4  $65
- 12:15-1:00 Basic 5 & 6  $65
- 12:15-1:00 Adult Figure  $65
- 12:15-1:00 Competition Class  $65

#### Monday Classes (Jan 7-Feb 11)
- 6:15-6:50 Snowplow Sam 1-4  $55
- 6:15-7:00 Basic 1-3  $65
- 6:15-7:00 Mini Class for Sam Grads  $65
- 7:00-7:45 Adult Figure Skate  $65
- 7:00-7:45 Adult Hockey 1  $65

#### Tuesday Classes (Jan 8-Feb 12)
- 6:15-7:00 Basic 4-6  $65
- 6:15-7:00 Pre Freeskate  $65
- 6:15-7:00 Freeskate 1-6  $65

### Session Four (Feb 23-Apr 2)

#### Saturday Classes (Feb 23-Mar 30)
- 9:30-10:30  Learn to Play Hockey  $65
- 10:45-11:30 Hockey 1-4  $65
- 11:30-12:05 Snowplow Sam 1-4  $55
- 11:30-12:15 Basic 1-4  $65
- 12:15-1:00 Basic 5 & 6  $65
- 12:15-1:00 Pre Freeskate  $65
- 12:15-1:00 Adult Figure  $65

#### Monday Classes (Feb 25-Apr 1)
- 6:15-6:50 Snowplow Sam 1-4  $55
- 6:15-7:00 Basic 1-3  $65
- 6:15-7:00 Mini Class for Sam Grads $65
- 7:00-7:45 Adult Figure Skate  $65
- 7:00-7:45 Adult Hockey 1  $65

#### Tuesday Classes (Feb 26-Apr 2)
- 6:15-7:00 Basic 4-6  $65
- 6:15-7:00 Pre Freeskate  $65
- 6:15-7:00 Freeskate 1-6  $65

### Session Five (Apr 13-May 18)*

#### Saturday Classes (Apr 13-May 18)
- 9:30-10:30  Learn to Play Hockey  $55
- 10:45-11:30 Hockey 1-4  $55
- 11:30-12:05 Snowplow Sam 1-4  $50
- 11:30-12:15 Basic 1-4  $55
- 12:15-1:00 Basic 5 & 6  $55
- 12:15-1:00 Pre Freeskate  $55
- 12:15-1:00 Adult Figure  $55

#### Monday Classes (Apr 8-May 13)
- 6:15-6:50 Snowplow Sam 1-4  $55
- 6:15-7:00 Basic 1-3  $65
- 6:15-7:00 Mini Class for Sam Grads  $65
- 7:00-7:45 Adult Figure Skate  $65
- 7:00-7:45 Adult Hockey 1  $65

#### Tuesday Classes (Apr 9-May 14)
- 6:15-7:00 Basic 4-6  $65
- 6:15-7:00 Pre Freeskate  $65
- 6:15-7:00 Freeskate 1-6  $65

*5 Week Class. No Class Apr 20 due to Easter Weekend

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### Adult Hockey

The Adult Hockey curriculum is designed for the beginning adult hockey skater. It will promote physical fitness as well as improve balance and coordination while learning proper hockey techniques. For those adults that are interested in playing hockey, this is the perfect class to improve your skating skills and learn about edges. There are four levels in this class and all four levels are taught together. The instructors will decide which level placement is appropriate for each skater and create an individual lesson plan to accommodate each adult. No sticks or pucks will be allowed on the ice.

### Youth Hockey 1-4

Our hockey curriculum is designed to teach the skater basic skills that are specifically geared for future hockey players. Proper beginning skating techniques are the primary focus for the first four weeks, and then for the last two weeks we will add some controlled stick and puck practice. These classes are open to individuals 17 years of age and under. While full personal protective gear is not required, bike helmets, hockey sticks and gloves are required. We may have sticks available to borrow, but there is a limited supply and they are first come, first serve.
**Facility Rental**

Rent the Roosevelt Park Ice Arena:
- **Prime Time:** With Skates $234/hr
  Without Skates: $145/hr
- **Non Prime Time:** With Skates $183/hr **
  Without Skates $87/hr
- Broomball with Equipment: $118/hr

**Black Hills Skating Academy's Icicles Club**

From 5:45-6:45 pm on Friday evenings, LTS students may attend our Icicles Club. We will have several Learn to Skate Instructors monitoring this event. Participants will be able to skate and practice their new skills in a relaxed, fun atmosphere, make friends and warm up in the lobby with a small craft and a snack. $7 per person, per time. Skates are included. The Free 6 Punch pass cannot be used for this event. Parents and family are welcome to join the skater on ice with paid admission.

**Booster Lessons**

If you would like extra practice time for your skater with an instructor, you may schedule a Booster Lesson at the front desk. Booster Lessons are held during Public Skate or Learn to Skate Drop In sessions for Snowplow Sam and Basic 1-6, or on Friday evenings between 5 and 5:30 pm. Pre-Freeskate Lessons may be given during Freestyle Drop In. Freeskate 1-6 lessons must be given by a private coach.

**Hockey Drop-In**

Adult Drop-In (18 and up only)
Please check schedule for current times.
8.00 per time

Youth Drop-In
Mon & Fri: 3:45-4:45 pm
6.00 per time

10 Punch Drop-In Hockey Pass
(Admission only)
Youth: $50
Adult: $64

**Figure Skating Drop-In**

**Learn to Skate USA Practice**
Learn to Skate USA Practice is a time set aside for students in our Learn to Skate Classes to practice their developing skills in a stress free environment. Parents, siblings or friends of the student may also attend. Rental skates are free for all who attend this session.

Thursday: 3:45-4:45 pm
$6 per person per time
10 Punch Card: $47.00

**Freestyle Drop-In**
(Pre Freeskate and above ONLY)
Freestyle Drop-In is a time set aside for advanced skaters to practice. Only the qualified skater may be on the ice during this Drop-In (no friends or family members allowed). Current USFSA or ISI membership or affiliation with the USFSA or ISI Club is required to attend.

Monday: 6:15-7:15 am
Tuesday: 3:45-4:45 pm
Thursday: 6:15-7:15 am
Saturday: 7:30-8:30 am
Sunday: 12:30-1:30 pm
$10 per time. Must register with Front Desk.

**Pro Shop Services**

**Skate Sharpening**
- Regular Service: $6
- Same Day Service: $8
- 10-Punch Regular Svc Card: $48
- 10 Punch Next Day Svc Card: $64

Inquire about skate repair and maintenance services. The Roosevelt Park Ice Arena carries laces, sock/ stick tape and hockey wax.

**Rapid City Adult Hockey League**

This is a three division league consisting of upper, middle and lower divisions. You must be 16 years of age or older to play in this league without a parent. Youth ages 14 and 15 may play if a parent is rostered on the same team and present at each game. The league will consist of fall and winter sessions. Teams are only eligible to play in this league if they contain ten or more members. Members of teams not meeting this requirement will be drafted onto other teams. You must sign up in the appropriate division according to your skill level. The Roosevelt Park Ice Arena reserves the right to move players for the benefit of the league if players have been drafted onto an inappropriate team.

**NO REFUNDS WILL BE GIVEN.** For more information contact the Ice Arena at (605) 394-6161.

Winter session begins January 14th.
$160 per session for players. Goalies are free.

**Hockey Drop-In**

Adult Drop-In (18 and up only)
Please check schedule for current times.
$8.00 per time

Youth Drop-In
Mon & Fri: 3:45-4:45 pm
$6 per time

10 Punch Drop-In Hockey Pass
(Admission only)
Youth: $50
Adult: $64

**Figure Skating Drop-In**

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Monday: 6:15-7:15 am
Tuesday: 3:45-4:45 pm
Thursday: 6:15-7:15 am
Saturday: 7:30-8:30 am
Sunday: 12:30-1:30 pm
$10 per time. Must register with Front Desk.
Black Hills Gold Rush

The BH Skating Academy is proud to announce that with the assistance of the Black Hills Figure Skating Club, we are able to offer an expanded Black Hills Gold Rush Competition on February 15-17. Combining our efforts will result in local skaters being able to compete against skaters from various states in levels from Snowplow Sam to Adults. Nationally certified judges will be in attendance to score our performances. This will include events on the 16th such as compulsories, programs with music, duets, dramatic, light entertainment and interpretation. This year the BH Figure Skating Cub will be offering a testing session on Feb 15. It will allow skaters to perform a routine in front of a panel of 1 to 3 judges. Their result will be a pass or needs improvement. Passing means you will move up a level in your next skating competition. On Sunday the 17th we will have three certified coaches who will put on “Skate your Dreams Ice Clinic”. This will be an amazing 3 day event that Roosevelt Park Ice Arena is proud to host. More information will be forthcoming regarding prices for participation in each event.

Admission will be free for spectators. Please come support our local skaters. If you are interested in competing, please sign up for our Session 3 Learn to Skate classes that begin Jan 5th.

Adult Coffee Club Skate (18+ ONLY)
Are you an adult looking to practice your skating in an adults only environment? Looking to make some new friends? This session is for you! Come skate, grab some coffee for 25 cents and chat with friends!
Check out our calendar for current times.
https://www.rcgov.org/departments/parks-recreation/ice-arena.html
$6 per time
Includes skates

Lap Skating For Fitness
Looking to get in shape for the summer? Start now at our Lap Skating for Fitness sessions! 11 times around the rink is one mile, which you can do while listening to music in a fun, relaxed atmosphere. Check out our calendar for current times.
https://www.rcgov.org/departments/parks-recreation/ice-arena.html
$3 per time
Includes skates

Hockey Mentor
The hockey mentor program is an opportunity for adults over the age of 18 (Mentors) to be on the ice with younger skaters (Mentees) to work on hockey skills. The Mentor must sign in at the front desk, and sign up his Mentees as well. The Mentor is entirely responsible for the Mentees in his care while they are attending this program, including both ice time and locker room time. Mentees must wear full gear. It is highly recommended Mentors wear full gear as well; however, at a minimum they must wear a helmet. No one will be allowed on the ice without having a Mentor or a Mentee.
Wednesdays 4-6 pm
$6 per person per time.
$4 skate rental if needed

Adult Stick and Puck (18+ only)
Looking to practice your skills? Haven't made the investment in full gear yet because you're just not sure hockey is for you? This is the session you need. Practice your stick handling and other drills during Adult Stick and Puck. No scrimmaging allowed. Full gear is recommended but is not required for this session.
Check out our calendar for current times!
https://www.rcgov.org/departments/parks-recreation/ice-arena.html
$6 per person per time
Skate rental included

Register online at:
http://www.rcgov.org/Parks-and-Recreation/ice-arena.html
Like our OFFICIAL Facebook Page
Rapid City Parks & Recreation
& Follow us on Twitter @RC_ParksandRec
Like our OFFICIAL Facebook Page
Roosevelt Park Ice Arena