**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 3rd.

REGISTRATION DEADLINE: Mar. 25
Team Fee: $140

**Tuesday Night:**
Coed Upper B, Coed Lower B, Coed 4v4 Competitive

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

**Thursday Night:**
Coed Upper B, Coed Lower B (A), Coed Lower B (B), Men's Competitive

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

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**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 5th.

REGISTRATION DEADLINE: Jan. 1
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

**Wednesday Night:** Limited Teams
- Coed Upper B
- Coed Lower B (A)
- Coed Lower B (B)
- Men's Competitive

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

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**Young Athletes Program**

The Young Athletes program is a unique sport and play program designed to build motor skills, confidence and coordination and promote a healthy lifestyle for kids of all abilities. Activities could include, but are not limited to, structured playground activities, games, obstacle course, ball games, and biking (bikes are provided). The focus is on fun activities that are important to mental and physical growth. Class meets at the LaCroix Clubhouse, 3820 Odde Drive.

Fee: $20 per Session  10:00-11:00 am

**Session 1**
Feb 8-March 7 (Play Day: May 2)

**Session 2**
March 14-April 25 (Play Day: May 2)

No class on March 28th & April 11.

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**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, spatial awareness, confidence and stellar bike handling skills to maneuver obstacles BEFORE pedaling. Each child must have a bike helmet to participate.

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 all ages are welcome to participate.

Class meets at LaCroix Clubhouse, 3820 Odde Drive.

9:15-9:45 am: Ages 2-5 Years
11:15-12:00: Ages 6 and up
Cost: $40 per session
Sessions are limited to 8 participants

**Session 1**
Feb 8-March 7
No class March 28th and April 11
Play Day: May 2

**Session 2**
March 14-April 25
No class March 28th and April 11
Play Day: May 2

For information on the Balance Bike Camp or the Young Athletes Program contact Recreation Specialist Erin Holmes at (605) 394-4175 or by email at erin.holmes@rcgov.org.
**SWIM LESSONS**

**Session/Registration Dates:**

**January 13-February 22, 2020**
Walk-In/In-House registration starts December 15 at 8:00 am.
Online Registration starts December 21 at 10:00 am.

**March 9 - April 25, 2020**
Walk-In/In-House registration starts December 21 at 8:00 am
Online Registration starts December 21 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 12 and March 8 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.*

**Lap Pool lane assignments are listed online.**

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

**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.

**Winter**

**Swim Center Building Hours**

December 2019 - May, 2020

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-F</td>
<td>5:30 am - 9:45 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:00 am - 8:00 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>1:00 pm - 8:00 pm</td>
</tr>
</tbody>
</table>

*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
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 Saturday of each month from 5:00 - 7:45 pm at the Roosevelt Swim Center.

- January 25
- February 22
- March 28
- April 25
- May 30

$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.

Water Polo

Learn the sport of Water Polo or practice your skills with a fun group. No skills required.

Saturdays: 11:30am - 1:00 pm

Contact Barb Iwan at barbara.iwan@rcgov.org for more information.

Paddle Night

First Saturday of each month.

January 4        February 1
March 7          April 4

11:30am - 1:00 pm

Contact Barb at barbara.iwan@rcgov.org for more information.

NOTES:

Daycare Lessons: Daycares may schedule group lessons at the Swim Center through Emily Carstensen.

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 emily.carstensen@rcgov.org with questions.

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

GET YOUR PLAY ON

Register for all classes online at:

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.

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 17-18: 9 am - 4:00 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.
- Make good decisions and solve problems.
- Keep the children you babysit and yourself safe.
- Handle emergencies such as injuries, illnesses and household accidents.
- Write resumes and interview for jobs.
- CPR/AED/First Aid Training

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
Email Barb at barbara.iwan@rcgov.org 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.

American Red Cross

Health and Safety Courses

Together, we can save a life
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
Jeff Richardt, Recreation Program Specialist
Patty Behnke, Learn to Skate Supervisor
Gary Stanley, Hockey Program Supervisor

2020 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.

2020 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!

Tuesday 1:30 - 3:30 pm
Thursday 1:30 - 3:30 pm
Friday 11:30 am - 3:30 pm & 7:00 - 9:00 pm
Saturday 1:30 - 3:30 pm & 6:30 - 9:00 pm
Sunday 2:45 - 5:00 pm *

*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 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.

### 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.

### 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 skaters progress through these levels at different rates and some levels may require repetition in order to master.

### 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; for the last two weeks we will add 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 have sticks available to borrow, but there is a limited supply and they are first come, first serve.
Adult Hockey Learn to Skate

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.

**Roosevelt Ice Arena Class Schedule**

<table>
<thead>
<tr>
<th>Session 3</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Saturday</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Jan 6 - Feb 10</td>
<td>Jan 7 - Feb 11</td>
<td>Jan 4 - Feb 8</td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>Feb 24 - Mar 30</td>
<td>Feb 25 - Mar 31</td>
<td>Feb 22 - Mar 28</td>
<td></td>
</tr>
<tr>
<td>Session 5</td>
<td>Apr 6 - May 11</td>
<td>Apr 7 - May 12</td>
<td>Apr 4 - May 16</td>
<td></td>
</tr>
<tr>
<td>Hockey 1-4</td>
<td>10:45 - 11:30 am</td>
<td></td>
<td>$75 per Session</td>
<td></td>
</tr>
<tr>
<td>Sam 1-4</td>
<td>6:15 - 6:55 pm</td>
<td>11:30 - 12:05 pm</td>
<td>$65 per Session</td>
<td></td>
</tr>
<tr>
<td>Basic 1-3</td>
<td>6:15 - 7:00 pm</td>
<td>11:30 - 12:15 pm</td>
<td>$75 per Session</td>
<td></td>
</tr>
<tr>
<td>Basic 4-6</td>
<td>6:15 - 7:00 pm</td>
<td>12:15-1:00 pm</td>
<td>$75 per Session</td>
<td></td>
</tr>
</tbody>
</table>

*Every student enrolled in a Learn to Skate Class will receive a FREE 6 punch card to practice their developing skills. These cards are good at Public Skate and Learn to Skate Drop In sessions. For students in Pre-Freeskate and above, they may also be used at Freestyle Drop In.

**Roosevelt Ice Arena Monthly Class Schedule**

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Saturday</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Freeskate</td>
<td>6:15 - 7:00 pm</td>
<td>12:15 - 1:00 pm</td>
<td>$65 monthly</td>
<td></td>
</tr>
<tr>
<td>Freeskate 1-6</td>
<td>6:15 - 7:00 pm</td>
<td></td>
<td>$65 monthly</td>
<td></td>
</tr>
<tr>
<td>Performance Class</td>
<td>7:00 - 7:45 pm</td>
<td>12:15 - 1:00 pm</td>
<td>$65 monthly</td>
<td></td>
</tr>
<tr>
<td>Adult Class 1-6 (Figure or Hockey)</td>
<td>7:00 - 7:45 pm</td>
<td></td>
<td>$55 monthly</td>
<td></td>
</tr>
</tbody>
</table>
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

** Non-prime time consists of days school is in session before 3:00 pm and any day after 9:00 pm. Call the Roosevelt Ice Arena at (605) 394-6161 to book your event.

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.

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

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.


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

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.

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.

Half hour lesson-$20

Black Hills Skating Academy’s Icicles Club
From 5:45-6:45 pm on Friday evenings, LTS’s 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.

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

** Non-prime time consists of days school is in session before 3:00 pm and any day after 9:00 pm. Call the Roosevelt Ice Arena at (605) 394-6161 to book your event.
**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 15th. 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 compulsorys, programs with music, duets, dramatic, light entertainment and interpretation. This year the BH Figure Skating Club will be offering a testing session on Feb16. 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.

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 6th.

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**Roosevelt Park Ice Arena Birthday Party Packages**

You bring the cake, and we supply the fun! The Roosevelt Park Ice Arena’s birthday party package ensures a fun-filled day for the kids and a stress-free experience for parents. To reserve your ice skating party call the Arena at 394-6161 (availability is limited). Birthday parties may be booked during any regularly scheduled public skating session. A minimum 24 hours advance notice is required and will depend on available space.

Cost: $95.00 for 8 people.

Package includes:
- Admission and skates for 8 people
- Table in the mezzanine area
- Tablecloth and paper products
- 2 pitchers of soda
- Additional pitcher of soda is $3
- Each additional skater is $8

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**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

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**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

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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