



Learn to Skate



The Parks & Recreation Department is committed to fostering the development of all skaters using the Ice Skating Institute's (ISI) WeSkate program to teach skating lessons. We provide a wide variety of programs which teach the fundamentals of skating to all ages and abilities in a fun, engaging and supportive environment.

What level should your child register for?

The following is a general guide to help with the class your child should register for. **However, each participant at all levels will be evaluated the first night of lessons and placed in the appropriate class.**

- Age 3-6 and has never skated – Tot 1
- Age 7 or older and has no skating experience – Beginner age 7 and up
- Place in hockey **ONLY** IF they have passed Tot 4.



ISI Class Descriptions:

- The Grove Skate School uses the International Skating Institute (ISI) skill level system.
- All classes are progressive and students must have passed the previous level in order to advance.

Participants at all levels will be evaluated the first night of lessons and placed in the appropriate level.

Adult/Child: This class is designed for beginning adult and child. Basics of skating will be taught.

Tots 1-4: Ages 7 and under with no prior experience should sign up for Tot 1 unless they have passed into a higher level.

Pre-Alpha: Must be able to skate comfortably forwards unassisted or have passed Tot 4.

Alpha: Skaters who have mastered the skill of a one foot glide on each foot and comfortable moving backwards.

Beta: Skaters who have mastered the skill of forward crossovers in both directions and can stop.

Gamma: Skaters who have mastered the skill of backward crossovers in both directions and can do t-stops.

Delta: Skaters who have mastered the skill of forward outside three turns on each foot and the 7-step Mohawk.

Freestyle 1-10: Skaters are grouped according to their ISI Freestyle level. Basic to advanced jumps, spins and dance step routines.

Intro to Synchro: Must have passed Gamma to enroll. Learn circles, blocks, intersections, line steps and pinwheels. Participants who remain in group lessons may have a chance to go to one competition.

Intro to Private Lessons: Each class includes 15 minutes of private instruction and 15 minutes of practice.

Adult: Classes are divided according to ability.

Hockey Classes: Since skating skills are the foundation for success in hockey **participants must have passed Tot 4.**

Helmet, shin and elbow pads are mandatory. Sticks and pucks may be used, however, focus is on skating skills, speed and edge control.

Beginning Hockey: Basics of forward and backward skating, stops and proper stance, skating forward using full strides.

Intermediate Hockey: Hockey turns, backward stops, beginning crossovers.

Advanced Hockey: Hockey stops and turns, backward crossovers, one-foot hockey turns, moving Mohawks.



If you have any questions regarding the Learn to Skate program please call:

651-450-2468