



LEARN TO SKATE

CLASS DESCRIPTIONS

The following is a general guideline to help register your for the appropriate class. Participants at all levels will be evaluated the first day of lessons and may move up or down a level depending on the skill level at any time during the session.

- Classes use the Ice Skating Industry (ISI) skill level system and the USFS Program under Learn to Skate USA.
- All classes are progressive and students must have passed the previous level in order to advance.
- All classes will be taught in a safe and positive environment, making class time an enjoyable and fun experience for all.

Tot 1-4 (Snowplow Sam) - Ages 3-6:

The Snowplow Sam levels are introductory classes divided into four progressive levels (Tot 1-4) allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children develop the ABCs of movement – Agility, Balance, Coordination and speed.

Beginner 7 & Up:

Ages 7 and up with no prior skating experience.

Pre-Alpha (Basic 2):

Must be able to skate comfortably forward unassisted or have passed Tot 4. Will learn forward one-foot glides, backward two-foot glide, rocking horse backward swizzles and two-foot turns.

Alpha (Basic 3):

Will learn beginning forward stroking, forward half swizzle, moving forward to backward two-foot turns on a circle, beginning backward one-foot glides, backward snowplow stop, forward slalom.

Beta (Basic 4):

Will learn forward outside edge and inside edge on a circle, forward crossovers, beginning two-foot spin, backward one-foot glides, backward half swizzle pumps.

Gamma (Basic 5):

Will learn backward outside edge and inside edge on a circle, backward crossovers, forward outside three-turn, advanced two-foot spin, hockey stop.

Delta (Basic 6):

Will learn forward inside three-turn, moving backward to forward two-foot turn on a circle, backward stroking, beginning one-foot spin, T-stops, bunny hop and forward spiral on a straight line.

Freestyle 1-10 (Freeskate 1-6):

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps — all of which build on the previous skill, providing skaters a strong foundation of all elements. Participants will also work on strength, flexibility and core training in a Yoga/Ballet off-ice session prior to class time.

Specialty Classes for Hockey Players

Helmets, shin and elbow pads required for all hockey classes. Sticks and pucks will not be used.

Beginning Hockey (Mini-mite) (Ages 4 and older):

Must have passed Tot 4 to register. Basic skills are taught on the ice without a stick. Focus is on power skating, speed and edge control. Skills will be evaluated and could possibly move to Tot classes if determined necessary.

Advanced Hockey (Mite - Hockey 4) (Ages 5 and older):

Must have completed two years of mini-mite hockey. Advanced skills are taught including: Advanced stride, crossovers on a circle, backward one-foot glides, hockey stops, intro to three-turns and mohawks.