

Learn To Skate/Specialty Classes

NO DOUBLE BLADES

- **Skaters must be able to walk in skates to participate.**
- **Please arrive EARLY for each class. Extra time is needed to properly lace up skates and check in.**
- **A Nylon type thin sock is recommended for ALL skates.**
- **Skates are available to rent for \$3 per class and are highly recommended.**

SNOWPLOW (Ages 3-5 Only)

Snowplow SAM levels are designed to help the PRE-SCHOOL Age skaters develop preliminary coordination and strength to maneuver on the ice.

Basic 1 (Ages 6 and up)

(Beginners) proper way to fall and get up, marching across the ice, 2 foot glides, forward swizzles and snow plow stops.

Basic 2 (All ages)

1 foot glides, backward 2 foot glides, backward 1 foot glides & 2 foot turns.

Basic 3 (All ages)

Forward stroking, forward circle pumps, backward 1 foot glides & 2 foot spins.

Basic 4 (All ages)

Forward edges on a circle, forward crossovers, beginning forward 3 turns, backward pumps & backward stroking.

Basic 5 (All ages)

Backward edges on circle, backward crossovers, hockey stops, and 1 foot spins.

Basic 6 (All ages)

Forward inside 3 turns, moving backward to forward, T-stops, bunny hops, forward lunges & forward spirals.

Pre-FreeSkate (All ages)

Forward inside Mohawks, backward outside edges, landing positions, ballet jumps, forward inside pivots, moving forward 3 turns, Mohawk combos, 1 foot spins, waltz jumps & mazurkas.

USFS FREE SKATE CURRICULUM

Each free skate level is divided into four sections: moves in the field, spins, dance/footwork and jumps. The free skate levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating

EDGE/FOOTWORK

SKATERS MUST BE PRE FREESKATE OR HIGHER

This class will be 30 min emphasizing on edge work and footwork technique.

(Skaters will be split up according to ability)

POWER SKATING

SKATERS MUST BE PRE FREESKATE OR HIGHER

This class is for skaters wanting to improve their speed, strength and stamina. Skaters must be in free skate 1 or above to participate. The class may be split up into low and high levels.

Please bring water and be prepared to sweat!

HOCKEY SKATING (age 6 & up) (levels 1-4)

ALL 4 Levels NEED to be COMPLETED & PASSED to register for Intro To Hockey

Parents are a great distraction to the entire class. Please be courteous to the instructors.

Parents are to remain away from the glass and rink doors & remain seated in the bleachers / Lobby during classes

ABSOLUTELY NO PARENTS ARE ALLOWED ON THE ICE



NO REFUNDS!

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Proper skating techniques for the game of hockey is the primary focus. Skaters will learn the basic stance, stride, knee bend, use of edges & other fundamentals to be ready for hockey practice & game situations

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