



ANDOVER COMMUNITY CENTER ICE SKATING LESSON LEVEL GUIDE



SKATE RENTAL AVAILABLE \$3/PR (SIZE 8 YOUTH - ADULT SIZE 13) SKATE SHARPENING \$5/PR.

INTRODUCTION TO ICE (AGES 3 - 5*)

This is an ideal class for youth who have little to no ice skating experience. Both on and off-ice activities make this class FUN! This is a 30 minute group class that will meet for 3 or 4 weeks. Coaches prefer that parents do not go out on the ice with their child during the Introduction to Ice class. The goal is to have students gain enough on-ice confidence to move onto the Andover Skate School Program.

ANDOVER SKATE SCHOOL (AGES 3 - 15*)



The Andover Skate School offers group ice skating lessons. The first week of class, coaches will teach safety precautions, introduce skills and ensure students are in the correct class. The remaining weeks, students will continue working on skill development. The last session of the program, evaluations will take place and your child will receive an achievement card indicating skills passed. Future class recommendations will also be provided. These classes will have instruction for 30 minutes, followed by an additional 30 minutes of optional on-ice practice.

PARENT AND LITTLE SKATERS (PALS) (AGES 3 - 5*)

The PALS class will focus on fun, comfort and movement on ice with games, songs and toys. Students will attend class with one parent or guardian, this parent DOES NOT need to know how to skate as the instructor will be teaching both you and your child the skills to learn how to skate!

PALS Level 1 - Fall and get up, Walk or march across ice, Frog hop, Dip in place, Two foot glide, Single swizzle, Dip while moving.

PALS Level 2 - Swizzles (3), Backward wiggles across ice, Two foot snowplow stop, Forward slaloms, Scooter push (R/L), One foot glide (R/L), One foot snow plow stop.

BASIC CLASSES (AGES 5 - 15*)

Skaters will learn a variety of basic skating skills, proper techniques and safety. Each level will introduce new skills which build on the skills they have already mastered.

BASIC Level 1 - Dip while moving, Walk or march across the ice, Forward two-foot glide, Frog hop, Single swizzle, Two-foot snowplow stop, Backward wiggles, Forward swizzles (3).

BASIC Level 2 - Forward stroking, Airplane turn in both directions, Backward skating/wiggles into a glide, Forward crossovers (R/L), Rocking horse, Forward swizzles (6), (R/L) Scooters, Slaloms, Backward swizzles, One foot glide (R/L) Forward pumping (R/L), One foot snow plow stop.

BASIC Level 3 - Two foot turn, Backward stroking, Backward crossovers, Forward edges outside/inside, T-stop (R/L), Lunge or knee drills, Hockey stop.

* Approximate age range. Final class placement is determined by skills demonstrated on-ice.

