

ICE SKATING LESSONS

CLASS AND LEVEL GUIDE

INTRODUCTION TO ICE (ages 3 - 5)

DESCRIPTION: During a 30 minute off and on-ice group lesson, skaters begin to learn skating skills through fun activities and games. Once skaters achieve skills and gain confidence, they'll move onto our PALS or BASIC programs. Parents do not go out on the ice with the skaters in this program, however parents must be available to assist child if they need to get off the ice for any reason. Skaters must wear a helmet and gloves. Double blade or skates with a hard plastic outer shell (resembling rollerblades) are not allowed.

PALS (ages 3 - 5 *)

DESCRIPTION: This is a parent/child class. Parents are required to wear ice skates and attend class with child. Parent and child participate in a 30 minute group on-ice lesson with a 30 minute independent on-ice practice following lesson.

LEVEL 1 - Helmets & Gloves Required
Fall and get up, Walk or march across ice, Frog hop, Dip in place, Two foot glide, Single swizzle, Dip while moving.

LEVEL 2 - Helmets & Gloves Required
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 (ages 5 - 15 *)

DESCRIPTION: Basic lessons are for skaters only, no parents allowed on-ice. Skaters participate in a 30 minute group on-ice lesson with a 30 minute independent on-ice practice following lesson.

LEVEL 1 - Helmets & Gloves Required
Dip while moving, Walk or march across the ice, Forward two-foot glide, Frog hop, Single swizzle, Start two-foot snowplow stop, Backward wiggles, Forward Swizzles (3)

LEVEL 2 - Helmets & Gloves Optional
Forward stroking, Airplane turn in both directions, Backward skating/wiggles into a glide, Two foot snowplow stop, Rocking horse, Forward swizzles (6), (R/L) Scooters, Slaloms, Backward swizzles, One foot glide (R/L), Forward pumping (R/L), Start forward cross overs (R/L), Start one foot snow-plow stop.

LEVEL 3 - Helmets & Gloves Optional
Forward crossovers, Two foot turn, Backward stroking, One foot snowplow stop, T-stop (R/L), Lunge or knee drills, Hockey stop, Start backward crossovers, Forward edges outside/inside.

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