



## **Class Descriptions**

### **Snowplow 1/2 (Mondays 6:00pm, 6:35pm)**

- Sit and stand up with skates on-off the ice
- Sit and stand up, on ice
- March in place
- March forward 8 to 10 steps
- March, then glide on two feet
- Dip in Place
- March followed by long glide
- Dip while moving
- Backward walking, toes turn inward, shifting weight (4-6 steps)
- Backwards wiggles (6 in a row)
- Forward swizzles (2-3 in a row)
- Beginning snowplow stop motion-in place or holding on to barrier

### **Snowplow 3/4 (Mondays 6:00pm, 6:35pm)**

- Forward skating, 8-10 steps
- Forward one foot glide, for a count of 3 (right and left)
- Forward swizzles, (4-6 in a row)
- Backward swizzles, (2-3 in a row)
- Moving forward snowplow stop (one or two foot)
- Curves
- Forward skating
- Backward two-foot glide, length of skaters height
- Backward swizzles (4-6 in a row)
- Rocking horse-one forward, one backward swizzle, repeat twice
- Two-foot turns from forward to backward, in place (both directions)
- Two-foot hop, in place

### **Basic 1/2 (Mondays, 6:00pm and 6:35pm)**

- Sit on Ice and stand up with help or support when asked or when student falls
- March forward across the ice without falling
- Forward two foot glide without coming to a complete stop
- Dip
- Forward swizzles, 6-8 without coming to a complete stop
- Backward wiggles, 6-8 without coming to a complete stop
- Beginning snowplow stop (on two feet or one foot)
- \*Bonus skill: Two-foot hop in place
  
- Scooter Pushes, right and left
- Forward one-foot glides, right and left
- Backward two-foot glide, glide the length of the skater's height
- Rocking horse-one forward, one backward swizzle,repeat twice
- Backward swizzles, six to eight in a row
- Two-foot turns from forward to backward, in place-clockwise and counterclockwise
- \*Bonus skill:Curves

### **Basic 3 (Mondays, 6:00pm and 6:35pm)**

- Beginning forward stroking showing the correct use of the blade without falling
- Forward half swizzle pumps on a circle, six to eight consecutive, clockwise and counterclockwise with proper arm and head position
- Moving forward to backward two-foot turn on a circle
- Beginning backward one-foot glides, focusing on balance
- Backward snowplow stop, (Right and Left)
- Forward Slalom
- \*Bonus skill: Forward pivots - clockwise and counter clockwise

#### **Focus:**

- Power, Edge Pushing, Good Body Position, Momentum, Balance, Backward Momentum, Body Rhythm, Inside/Outside Edges

### **Basic 4 (Mondays, 6:00pm and 6:35pm)**

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counter clockwise, 4-6
- Backward half swizzle pumps on a circle, clockwise and counter clockwise, 6-8
- Backward one-foot glides, right and left
- Beginning two-foot spin up to two revolutions
- \*Bonus skill: Forward lunges (both legs)

### **Basic 5/6 (Mondays, 6:00pm)**

- backward outside edge on a circle, right and left
- backward inside edge on a circle, right and left
- backward crossovers, clockwise and counter clockwise
- forward outside three turn (right and left)
- advanced two-foot spin
- hockey stop, both directions
- \*bonus skill:side toe hop, right and left
- forward inside three turn (left and right)
- moving backward to forward two foot turn on a circle, clockwise and counter clockwise
- backward stroking
- Beginning one-foot spin, 2/4 revolutions,
- T-Stop, right and left
- Bunny hop
- Forward spiral on a straight line, right or left
- \*Bonus skill: Shoot the duck

### **Daytime/Homeschool (Mondays 11:00am)**

- Instruction will be based on overall group. Various levels will be applied. This is open to all levels.

### **Adult Class (Mondays, 6:35pm)**

This mixed level class is geared to both the beginner and advanced adult skater. Class will be instructed based on individual needs and participants will be grouped with skaters of similar skill levels.

### **AIM Higher (Mondays, off ice 5:15pm-5:50pm, Wednesdays on ice 6pm-7pm)**

**This advanced level class is for the competitive figure skater looking to AIM HIGHER and improve his/her skills.**

Participants must have passed Freestyle 1 and/or a minimum of Preliminary Moves in the Field.

- Off-ice on Mondays 5:15pm-5:50pm
  - flexibility
  - core strengthening
  - agility
  - balance
- **Please be sure to wear comfortable athletic clothing and athletic shoes for off ice. No VANS or Converse style footwear.**
- On-ice on Wednesdays 6pm-7pm
  - Edges and turns
  - Power skating
  - jumps
  - spins
  - Field Moves

### **Hockey Power Skating (Mondays 6:00pm)**

- powerful backward C-cuts
- forward alternating crossovers
- wide step transitions
- backward alternating crossovers
- forward power hockey turns/tight turns
- lateral pivots
- fast stops and starts
- fast backward skating
- backward V-stops

### **Stickhandling (Mondays, 6:35pm)**

- forward/backhand stick handling
- proper body position
- puck protection

### **Rising Stars (off ice, Wednesdays 5:00pm-5:45pm, on ice, Wednesdays 6pm-7pm)**

This beginning figure skating class is a full program for the young skater who wishes to take his/her skating to the next level. It includes 45 minutes of off ice training, 15 minutes to "layer up" clothing and put on skates, followed by 60 minutes of on ice instruction.

Open to skaters Basic 3 through Pre-Freeskate.

**This Section is the combination class of LTS1-7 and LTS1-8.** It is intended to supplement your Basic Skills LTS class.

OFF ICE Wednesday 5:00 - 5:45pm

- flexibility
- agility
- body movement
- balance

ON ICE Wednesday 6:00 - 7:00pm

- jumps
- spins
- intro to synchro/synchro skills
- artistry
- basic skills improvement