



Learn-To-Skate Class Level Descriptions

SNOWPLOW SAM 1-3, AGES 3-6: This section of the program is designed to help preschool-age children develop preliminary coordination and strength necessary to maneuver on skates. Some of the elements in this section are the same as those in the Basic levels, but the degree to which the skater is expected to perform the elements is to a much lesser extent. A few children in this age range may be prepared to begin at the Basic 1 level. Time with Snowplow Sam will allow children to become comfortable on the ice. When a child has passed Snowplow Sam 3, they move directly to Basic 2.

SPS 1 –

Sit and stand up on ice.
Sit and stand up off ice.
March in place.
March forward.
March and glide on two feet.
Dips.

SPS 2 –

March forward and glide.
Dip while moving.
Backward wiggles.
Forward two foot swizzles.
Rocking horse.
Two foot hop on a spot.

SPS 3 –

Forward skating.
Forward one foot glide.
Forward two foot swizzles.
Backward two foot swizzles.
Forward snowplow stop.
Curves (slalom action).

BASIC 1-8, AGES 6-17: The “Basic Skills” are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves – forward and backward skating, stops, crossovers and turns. Upon completion of the Basic 1-8 levels, skaters will have the basic knowledge of the sport enabling them to advance to the more specialized areas of skating – Free Skating, Dance, Pairs and Synchronized Team.

Basic 1 – Sit and stand up on ice. March forward. Forward two foot glide. Dip. Forward swizzles. Backward wiggles. Beginning one or two foot snowplow stop with slight skid. Rocking horse. Two foot hop in place.

Basic 2 – Forward one foot glides. Backward two foot glides. Backward swizzles. Forward to backward two foot turn in place. Moving snowplow stop. Forward alternating ½ swizzle pumps in straight line – slalom like pattern.

Basic 3 – Forward stroking. Forward ½ swizzle pumps. Moving forward to backward two foot turn. Backward one foot glides. Forward slalom. Two foot spin.

Basic 4 – Forward outside & inside edges on a circle. Forward crossovers. Forward outside three-turn. Backward ½ swizzle pumps on a circle. Backward stroking. Backward snowplow stop.

Basic 5 – Backward outside & inside edges on a circle. Backward crossovers. Beginning one foot spin. Hockey stop. Side toe hop.

Basic 6 – Forward inside three-turn. Moving backward to forward two foot turn on a circle. T-stop. Bunny hop. Forward arabesque. Forward lunge.

Basic 7 – Mohawk turns. Backward to forward outside edge transitions. Ballet jump. Backward crossovers to backward outside edge glide (landing position). Forward inside pivots.

Basic 8 – Moving forward outside & inside three-turns on a circle. Combination move (step sequence). One foot upright spin. Waltz jump. Mazurka.

ADULT 1-4, AGES 18+: Designed for the beginner adult skater to promote physical fitness, improve balance and coordination while learning proper skating techniques. Divided into four levels, adult skaters will progress at an individual rate while being challenged and motivated.

Adult 1 – Falling & recovery. Forward strides & gliding. Forward & backward swizzles. Backward skating. Forward one foot glides. Two foot turns. Snowplow stops. Forward curves. Forward ½ swizzle pumps on a circle. Forward chasses.

Adult 2 – Forward stroking. Backward ½ swizzle pumps on a circle. Moving two foot turns on a curve, both directions. Forward edges on a circle, outside and inside, clockwise and counter clockwise. Forward crossovers. Backward one foot glide. Backward snowplow stop. Forward pivot.

Adult 3 – Backward edges on a circle, outside and inside, clockwise and counter clockwise. Backward crossovers, clockwise and counter clockwise. Inside Mohawk. Basic forward outside and inside consecutive edges. Forward progressives. Footwork sequence. Beginning two foot spin.

Adult 4 – Forward three turns, outside & inside, R & L. Perimeter stroking with crossover end patterns. Forward outside to inside change of edge sequence. Alternating backward crossovers with two foot transitions. Footwork sequence. Power three turns. Backward Chasses on a circle.

FREE SKATING 1-6, AGES 6+: Skaters are always excited to graduate to the Free Skate level. During the Basic 1-8 classes, they have already been introduced to beginning spins, jumps, arabesques and other simple free skate elements. Each Free Skate level is divided into 4 sections:

- Moves in the Field (MIF - Focuses on turns, edges, and footwork patterns)
- Dance Sequence (Focuses on knee bend, control, and edge work)
- Spins
- Jumps

All elements must be mastered before skater advances to the next level. The Free Skate levels are designed so when a skater advances from free skate level 6, they have a strong foundation on which to build - showing good use of edges, with all basic skills mastered, all basic spin positions acquired and every single jump learned.

Free Skate 1 – Advanced forward stroking (MIF). Forward outside & inside consecutive edges (MIF). Advanced backward outside three-turn. Scratch spin from backward crossovers. Waltz jump from backward crossovers. Half flip jump.

Free Skate 2 – Backward outside & inside consecutive edges (MIF). Forward outside & inside spirals. Forward progressive chasse. Waltz threes. Beginning back spin. Waltz jump/side toe hop/waltz jump sequence. Toe loop jump.

Free Skate 3 – Forward & backward crossovers in a figure eight (MIF). Waltz eight (MIF), Advanced forward swing rolls. Backward inside three-turn. Back spin w/free foot in crossed leg position. Salchow jump. Half lutz jump. Waltz jump/toe loop jump or salchow jump/toe loop jump combination.

Free Skate 4 – Spiral sequence: FI Spiral/FI Mohawk/BO Spiral, both directions. Forward power three-turns (MIF). Backward progressive chasse. Sit spin. Loop jump. Waltz jump/loop jump combination.

Free Skate 5 – Backward outside three-turn. Forward inside Mohawk, into three backward crossovers, repeat three times, both directions. Spiral sequence: FO Spiral/FO 3-turn/Backward crossover/BI Spiral. Forward outside slide chasse swing roll sequence. Camel spin. Forward upright spin into backward upright spin. Loop/loop jump. Flip jump. Waltz jump/falling leaf/toe loop jump.

Free Skate 6 – Alternating backward crossovers to backward outside edges (MIF). Five step Mohawk (MIF). Camel spin/sit spin combination. Split jump or stag jump. Waltz jump/half loop/salchow jump combination. Lutz jump. Axel jump – walk through, preparation, jump. The axel does not need to be landed to pass the test. The skater should have an understanding of the mechanics of the jump.