

Academy Bridge Program

**SYNCHRONIZED
SKATING**

Pre-req: Must have passed BASIC 3,
or have Director Approval.

MON 5:10PM - 6:10PM

Class Fee: \$220.00

ACADEMY CLASSES

SNOWPLOW SAM - DISCOVER, LEARN & PLAY

The Snowplow Sam levels are introductory classes divided into 4 progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children 6 and younger develop the ABC's of movement - Agility - Balance - Coordination and Speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

CLASS LEVEL	CURRICULUM	DAY	CLASS TIME
SNOWPLOW SAM 1	Off-ice orientation prior to the first class.		
AGES 3-6	A. Sit and stand up with skates on - off-ice.	WED	4:30pm - 5:00pm
	B. Sit and stand up - on ice.		
	C. a March in place.	FRI	4:30pm - 5:00pm
	D. March forward (8-10 steps)		
	E. March, then glide on two feet.	SAT	1:15pm - 1:45pm
	F. Dip in place.		
SNOWPLOW SAM 2	A. March & long glide.		
AGES 3-6	B. Moving Dip.	WED	4:30pm - 5:00pm
	C. Backward walking toes turned inward.		
	D. Backward wiggles.	FRI	4:30pm - 5:00pm
	E. Forward swizzles (2-3).		
	F. Beginning snowplow stop.	SAT	1:15pm - 1:45pm
	G. 2-foot hop.		
SNOWPLOW SAM 3	A. Forward skating.		
AGES 3-6	B. Forward 1-foot glide (R & L).	WED	4:30pm - 5:00pm
	C. Forward swizzles (4-6).		
	D. Backward swizzles (2-3).	FRI	4:30pm - 5:00pm
	E. Moving forward snowplow stop.		
	F. Curves.	SAT	1:15pm - 1:45pm
SNOWPLOW SAM 4	A. Forward skating.		
AGES 3-6	B. Backward 2-foot glide.	WED	4:30pm - 5:00pm
	C. Backward swizzles (4-6).		
	D. Rocking-horse.	FRI	4:30pm - 5:00pm
	E. 2-foot turns forward to backward.		
	F. 2-foot hop in place.	SAT	1:15pm - 1:45pm
PARENT & CHILD			
AGES 3-6		WED	4:30pm - 5:00pm

Basic Skills - FUNdamentals

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey and speedskating. Six progressive levels introduce forward and backward skating, stops, edges,

crossovers and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

Discover, Learn and Play - Basic 1 & 2: These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

FUNDamentals - Basic 3-6: These levels develop all of the fundamental skating skills on the ice. Focus is on learning the ABCs of basic athleticism: Agility, Balance, Coordination and Speed. Upon completion of these levels, skaters will be able to confidently advance to more specialized areas of skating.

Off-ice orientation:

Equipment check: proper fit and lacing of skates, appropriate attire, safety helmets.

Practice falling and recovery, marching in place, dips and 1-foot balances in skates.

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CLASS LEVEL	CURRICULUM	DAY	CLASS TIME
BASIC 1 (ages 7 & up)	A. Sit on ice and stand up. B. March forward. C. Forward 2-foot glide. D. Dip. E. Forward swizzles (6-8) F. Backward wiggles. G. Beginning snowplow stop Bonus skill: 2-foot hop in place.	MON WED FRI SAT	5:10pm - 5:40pm 5:10pm - 5:40pm 5:10pm - 5:40pm 1:15pm - 1:45pm
BASIC 2	A. Scooter pushes - R & L B. Forward 1-foot glides - R & L. C. Backward 2-foot glide. D. Rocking-horse. E. Backward swizzles - 6-8 F. 2-foot turns in place. G. Moving snowplow stop. Bonus skill: Curves.	MON WED FRI SAT	5:10pm - 5:40pm 5:10pm - 5:40pm 5:10pm - 5:40pm 1:15pm - 1:45pm
BASIC 3	A. Beginning forward stroking. B. Forward half swizzle pumps on a circle. C. Moving forward to backward 2-foot turns. D. Beginning backward 1-foot glides -R & L. E. Backward snowplow stop. F. Forward slalom. Bonus skill: Forward pivots	MON WED FRI SAT	5:10pm - 5:40pm 5:10pm - 5:40pm 5:10pm - 5:40pm 1:15pm - 1:45pm
BASIC 4	A. Forward outside edge on a circle - R & L. B. Forward inside edge on a circle - R & L. C. Forward crossovers. D. Backward half swizzle pumps on a circle. E. Backward 1-foot glides - R & L. F. Beginning 2-foot spin - 2 revs. Bonus skill: Forward Lunges.	MON WED FRI SAT	5:40pm - 6:10pm 5:10pm - 5:40pm 5:10pm - 5:40pm 1:15pm - 1:45pm
BASIC 5	A. Backward outside edge on circle - R & L. B. Backward inside edge on circle - R & L. C. Backward crossovers. D. Forward outside 3-Turn R & L. E. Advanced 2-foot spin - 4-6 revs.	MON WED FRI SAT	5:40pm - 6:10pm 5:10pm - 5:40pm 5:10pm - 5:40pm 1:15pm - 1:45pm

F. Hockey stop.
Bonus skill: Side toe hop - R & L.

BASIC 6

A. Forward inside 3-Turn R & L.
 B. Moving backward to forward 2-foot turn.
 C. Backward stroking.
 D. Beginning 1-foot spin - 2-4 revs.
 E. T-stops R & L.
 F. Bunny hop.
 G. Forward spiral on a straight line - R & L.
Bonus skill: Shoot-the-duck.

MON	5:40pm - 6:10pm
WED	5:10pm - 5:40pm
FRI	5:10pm - 5:40pm
SAT	1:15pm - 1:45pm

Adult - Beginner to advanced

The Adult curriculum is designed for both beginning and experienced adult skaters who wish to improve their skating skills. Participation in the program will help promote physical fitness and improve balance and coordination while teaching proper skating techniques. This is an exciting program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.

Divided into six levels from basic skating to more advanced skills, adult skaters will progress at an individual rate while being challenged and motivated. Bases on prior skating experience, adults may choose to begin at the level that best matches their skill base.

Off-ice orientation:

Equipment check: proper fit and lacing of skates, appropriate attire, safety concerns.

Practice falling and recovery, walking in place, knee bends and 1-foot balances in skates.

CLASS LEVEL	CURRICULUM	DAY	CLASS TIME
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ADULT 1

A. Falling and recovery on ice.
 B. Forward marching.
 C. Forward 2-foot glide.
 D. Forward swizzles 4-6.
 E. Rocking-horse.
 F. Dip.
 G. Forward Snowplow stop.

WED	8:30PM - 9:00PM
SAT	1:15PM - 1:45PM

ADULT EDGE CLASS

WED	8:30PM - 9:00PM
SAT	12:15PM - 12:45PM

FREE SKATE

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps - all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as a bridge program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

CLASS LEVEL	CURRICULUM	DAY	CLASS TIME
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PRE FREE SKATE

A. Forward inside open mohawk R & L.
 B. Bwd crossover to bwd outside edge.
 C. Bwd outside edge to fwd outside edge.
 D. 10 step Mohawk sequence.
 E. 1-foot Upright spin 3 revs.

WED	5:40pm - 6:10pm
FRI	5:10pm - 5:40pm
SAT	12:15pm - 12:45pm

	F. Mazurka R & L. G. Waltz jump. Bonus skill: Backward inside pivots.			
FREE SKATE 1	A. Forward power stroking. B. Basic forward outside & inside consecutive edges. C. Backward outside 3-Turns R & L. D. Upright spin from back crossovers 4-6 revs E. Half flip. F. Toe loop. Bonus skill: Waltz jump-side toe hop-waltz jump or Waltz jump-ballet jump-toe loop sequence.	WED	5:40pm - 6:10pm	
		FRI	5:10pm - 5:40pm	
		SAT	12:15pm - 12:45pm	
FREE SKATE 2	A. Alternating forward outside and inside spirals on a continuous axis. B. Basic Backward outside & inside consecutive edges. C. Backward inside 3-Turns. D. Beginning back spin 2 revs. E. Half Lutz. F. Salchow. Bonus skill: Variation of a forward spiral.	WED	5:40pm - 6:10pm	
		FRI	5:10pm - 5:40pm	
		SAT	12:15pm - 12:45pm	
FREE SKATE 3	A. Alternating backward crossovers to back outside edges. B. Alternating mohawk/ crossover sequence. C. Waltz 3-Turns. D. Advanced back spin with foot crossed. E. Loop jump. F. Waltz jump-toe loop or Salchow-toe loop. Bonus skill: Toe step sequence.	WED	5:40pm - 6:10pm	
		FRI	5:10pm - 5:40pm	
		SAT	12:15pm - 12:45pm	
FREE SKATE 4	A. Forward power 3-Turns. R & L. B. Waltz 8 C. Forward upright to backward upright spin. D. Sit spin. E. Half loop F. Flip jump. Bonus skill: Split jump, stag jump or split falling leaf.	WED	5:40pm - 6:10pm	
		FRI	5:10pm - 5:40pm	
		SAT	12:15pm - 12:45pm	
FREE SKATE 5	A. Backward outside 3-Turn R & L. B. 5-step mohawk sequence. C. Camel spin 3 revs. D. Waltz jump-loop jump combination. E. Lutz jump. Bonus skill: Loop-loop jump combination.	WED	5:40pm - 6:10pm	
		FRI	5:10pm - 5:40pm	
		SAT	12:15pm - 12:45pm	
FREE SKATE 6	A. forward power pulls R & L. B. Creative step sequence. C. Camel-sit spin combination D. Layback or attitude spin or crossfoot spin. E. Waltz jump-half loop-Salchow jump seq. F. Axel.	WED	5:40pm - 6:10pm	
		FRI	5:10pm - 5:40pm	
		SAT	12:15pm - 12:45pm	

Bonus skill: Backward outside pivot.

HOCKEY

The Hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals to be successful in hockey practices and game situations.

Necessary equipment:
HECC approved hockey helmet - gloves - elbow pads
hockey pants - knee pads - hockey stick

CLASS	CURRICULUM	DAY	TIME
BASIC 1 - HOCKEY	<u>No</u> hockey equipment needed		
(ages 7 & up)	for this class.	SAT	12:45pm - 1:15pm
HOCKEY 1	A. Falling and recovery. B. Proper basic hockey stance. C. March forward across ice. D. 2-foot glides & dips. E. Forward swizzles 4-6. F. T-push to a 2-foot glide G. Snowplow stop. Bonus skill: front-back and back-front turns	WED	5:10pm - 5:40pm
		SAT	12:45pm - 1:15pm
HOCKEY 2	A. Forward strides using V-push. B. Forward 1-foot push and glide C. Forward alternating C-cuts D. Backward hustle or march then glide. E. Backward swizzles 4-6 F. Backward alternating C-cuts G. Moving Snowplow stop. Bonus skill: Scooting or skateboard push	WED	5:10pm - 5:40pm
		SAT	12:45pm - 1:15pm
HOCKEY 3	A. Lateral crossover march. B. Forward C-cuts on a circle. C. Forward outside edges on a circle. D. Forward inside edges on a circle. E. Backward C-cuts on a circle. F. Backward snowplow stop. G. 1-foot moving snowplow stop. Bonus skill: Fwd stops and starts.	WED	5:40pm - 6:10pm
		SAT	12:45pm - 1:15pm
HOCKEY 4	A. Quick starts. B. Backward 1-foot glides R & L. C. Forward crossover glides. D. Backward crossover glides. E. Forward crossovers. F. Backward crossovers. G Hockey stops. Bonus skill: Fwd -bwd Mohawk pivots R & L.	WED	5:40pm - 6:10pm
		SAT	12:45pm - 1:15pm

POWER SKATING

- A. Powerful backward C-cuts.
- B. Forward alternating crossovers.
- C. Backward alternating crossovers.
- D. Forward power hockey turns / tight glide turns.
- E. Lateral pivots.
- F. Fast stops and starts
- G. Fast backward skating with V-stops.

WED 5:40pm - 6:10pm

SAT 12:45pm - 1:15pm

BALLET & STRETCH CLASS**KIDS AGE 5 - 10****JUNE 2 - SEPTEMBER 2**

WEDNESDAYS:	6:15PM - 6:45PM	9 WEEKS - \$117.00
SATURDAYS:	11:30AM - 12:00PM	9 WEEKS - \$117.00

AGES 11 - ADULT**JUNE 2 - SEPTEMBER 2**

WEDNESDAY EVENINGS:	6:45PM - 7:15PM	9 WEEKS - \$117.00
SATURDAYS:	11:30AM - 12:00PM	9 WEEKS - \$117.00

\$20.00 Off Ballet class fee with Academy skating class enrollment!

