

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	5:10pm - 5:40pm

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	A. Sit on ice and stand up.		
(ages 7 & up)	B. March forward.		
	C. Forward 2-foot glide.	WED	5:10pm - 5:40pm

	<p>D. Dip.</p> <p>E. Forward swizzles (6-8)</p> <p>F. Backward wiggles.</p> <p>G. Beginning snowplow stop</p> <p>Bonus skill: 2-foot hop in place.</p>	<p>FRI</p> <p>SAT</p>	<p>5:10pm - 5:40pm</p> <p>1:15pm - 1:45pm</p>	
BASIC 2	<p>A. Scooter pushes - R & L</p> <p>B. Forward 1-foot glides - R & L.</p> <p>C. Backward 2-foot glide.</p> <p>D. Rocking-horse.</p> <p>E. Backward swizzles - 6-8</p> <p>F. 2-foot turns in place.</p> <p>G. Moving snowplow stop.</p> <p>Bonus skill: Curves.</p>	<p>WED</p> <p>FRI</p> <p>SAT</p>	<p>5:10pm - 5:40pm</p> <p>5:10pm - 5:40pm</p> <p>1:15pm - 1:45pm</p>	
BASIC 3	<p>A. Beginning forward stroking.</p> <p>B. Forward half swizzle pumps on a circle.</p> <p>C. Moving forward to backward 2-foot turns.</p> <p>D. Beginning backward 1-foot glides -R & L.</p> <p>E. Backward snowplow stop.</p> <p>F. Forward slalom.</p> <p>Bonus skill: Forward pivots</p>	<p>WED</p> <p>FRI</p> <p>SAT</p>	<p>5:10pm - 5:40pm</p> <p>5:10pm - 5:40pm</p> <p>1:15pm - 1:45pm</p>	
BASIC 4	<p>A. Forward outside edge on a circle - R & L.</p> <p>B. Forward inside edge on a circle - R & L.</p> <p>C. Forward crossovers.</p> <p>D. Backward half swizzle pumps on a circle.</p> <p>E. Backward 1-foot glides - R & L.</p> <p>F. Beginning 2-foot spin - 2 revs.</p> <p>Bonus skill: Forward Lunges.</p>	<p>WED</p> <p>FRI</p> <p>SAT</p>	<p>5:10pm - 5:40pm</p> <p>5:10pm - 5:40pm</p> <p>1:15pm - 1:45pm</p>	
BASIC 5	<p>A. Backward outside edge on circle - R & L.</p> <p>B. Backward inside edge on circle - R & L.</p> <p>C. Backward crossovers.</p> <p>D. Forward outside 3-Turn R & L.</p> <p>E. Advanced 2-foot spin - 4-6 revs.</p> <p>F. Hockey stop.</p> <p>Bonus skill: Side toe hop - R & L.</p>	<p>WED</p> <p>FRI</p> <p>SAT</p>	<p>5:10pm - 5:40pm</p> <p>5:10pm - 5:40pm</p> <p>1:15pm - 1:45pm</p>	
BASIC 6	<p>A. Forward inside 3-Turn R & L.</p> <p>B. Moving backward to forward 2-foot turn.</p> <p>C. Backward stroking.</p> <p>D. Beginning 1-foot spin - 2-4 revs.</p> <p>E. T-stops R & L.</p> <p>F. Bunny hop.</p> <p>G. Forward spiral on a straight line - R & L.</p> <p>Bonus skill: Shoot-the-duck.</p>	<p>WED</p> <p>FRI</p> <p>SAT</p>	<p>5:10pm - 5:40pm</p> <p>5:10pm - 5:40pm</p> <p>1:15pm - 1:45pm</p>	

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
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 SAT	8:30PM - 9:00PM 1:15PM - 1:45PM
ADVANCE ADULT	A. Forward and backward crossovers. B. Forward outside edges R&L C. Forward inside edges R&L D. Beginning three turns E. Beginning mohawks F. Beginning back outside and inside edges R&L	SAT	12:15PM - 12:45PM
ADULT EDGE CLASS		WED SAT	8:30PM - 9:00PM 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
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. F. Mazurka R & L. G. Waltz jump. Bonus skill: Backward inside pivots.	WED FRI SAT	5:40pm - 6:10pm 5:10pm - 5:40pm 12:15pm - 12:45pm
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 FRI SAT	5:40pm - 6:10pm 5:10pm - 5:40pm 12:15pm - 12:45pm

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

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:

Hockey skates

HECC approved hockey helmet.

WEDNESDAYS:

6:45PM - 7:15PM

12 WEEKS - \$168.00

SATURDAYS:

11:30AM - 12:00PM

12 WEEKS - \$168.00

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

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