



# Classes

Please note the changes in the class levels to reflect United States Figure Skating Association (USFSA) registration. Classes may be combined pending enrollment.

**Snowplow Sam:** Ages 3-5      **Basic:** Ages 6+

## **Snowplow Sam 1**

Sit/stand up on and off ice. March in place. March forward. Glide on 2-ft. Dip in place.

## **Snowplow Sam 2**

March with glide. Dip while moving. Backward wiggles. Forward 2-ft. swizzles. Rocking horse. 2-ft. hop in place.

## **Snowplow Sam 3**

Forward skating. Forward 1-ft. glide. Forward swizzles. Backward swizzles. Forward snowplow stop. Curves.

## **Basic 1**

Sit/stand up on ice. March forward. Forward 2-ft. glide. Dip. Forward swizzles. Backward wiggles. Snowplow stop. Rocking horse. 2-ft. hop.

## **Basic 2**

Forward 1-ft. glides. Backward 2-ft. glide. Backward swizzles. 2-ft. turn. Moving snowplow stop. Forward alternating 1/2 swizzle pumps.

## **Basic 3**

Forward stroking. Forward 1/2 swizzle pumps. Moving forward to back-ward 2-ft. turn. Backward 1-ft. glides. Forward Slalom. 2-ft. spin.

## **Basic 4**

Forward outside & inside edge. Forward crossovers. Forward outside 3-turn. Backward 1/2 swizzle pumps. Backward stroking. Backward snow-plow stop.

## **Basic 5**

Backward outside & inside edge. Backward crossovers. Beginning 1-ft. spin. Hockey stop. Side toe hop.

## **Basic 6**

Forward inside 3-turn. Moving backward to forward 2-ft. turn. T-stop. Bunny hop. Forward spiral. Forward lunge.

## **Basic 7**

Forward Mohawk. Backward outside edge to forward outside edge. Ballet jump. Backward crossovers to a backward outside edge. Forward pivots.

## **Basic 8**

Forward moving outside & inside 3-turn. Combination move. 1-ft. spin. Waltz jump. Mazurka.

## **Hockey 1**

Sit/stand up on ice. Proper stance. March forward. Forward 2-ft. glide. Scooter pushes/T-push. Dip/Squat. Forward swizzles. Snowplow stop. Backward skating. Students must complete Basic 1 and Basic 2 prior to starting Hockey 1.

## **Hockey 2**

Backward stance. Skating forward with strides. Forward 1-ft. glides. Backward hustle. Backward swizzles. Glide turns. Moving snowplow stops.

## **Hockey 3**

Forward C-Cuts. Hockey turns. Forward Slalom. Forward stop & starts. Backward V-stop. Lateral marching crossovers.

## **Hockey 4**

Forward 1-ft. pushes. Forward crossover glides. Forward crossovers. Alternating backward C-Cuts. Backward 1-ft. glide. Mohawks. Hockey stop.

## **Freeskate 1-6**

Advanced forward stroking. Basic forward outside & inside edges. Advanced back outside 3-turns. Scratch spin. Waltz jump. Half flip. Back outside & inside edges. Forward outside and inside spirals. Waltz threes. Back spin. Jump sequences. Toe Loop. Figure 8 pattern forward & backward crossovers. Waltz Eight. Forward swing roles. Backward inside & outside 3-turn. Salchow. Half Lutz jump. Spiral sequence. Power 3-turns. Sit spin. Loop jump. Camel spin. Flip jump. Backward crossover to back outside edge. Mohawk Sequence. Spin combinations. Split jump. Lutz.

## **Adult 1-4**

Adult version of the Basic classes.

Falling/recovery. Forward strides/glides/stroking. Forward & backward swizzles. Backward skating. 1-ft glides. 2-ft. turns. Snowplow stops. Forward curves. Forward 1/2 swizzles. Forward & backward outside & inside edges. Forward/backward crossovers. Pivots. Mohawks. Forward Progressives. 2-ft. spin. Forward/backward snowplow stop. Forward & backward outside & inside 3-turns. Perimeter stroking. Edge changes. Footwork sequence. Power 3-turns.

**\*New\***

## **Synchronized Skating Class**

Wednesdays 4:50pm-5:20pm-

For any skater that is basic 4 and up. The cost is only \$25 extra for 7 weeks if students are currently enrolled in Group Lessons. Class fee is \$99 for 7 weeks if not enrolled in Group Lessons.

## **Optional Basic Skills Membership**

July 1, 2011- June 30, 2012 All for only \$12 membership fee

Membership includes: USFSA Basic Skills Membership Card, Record Book with Stickers, Sport Accident Insurance, and Basic Skills Edition of SKATING Magazine.