



Learn To Skate Class Descriptions

USFS BASIC SKILLS

(Hockey, Adult, Class Recommendations)

CLASS NAME	CLASS AGE AND DESCRIPTION
JR. HOCKEY CLASSES	AGES 4 to 7
Jr. Hockey 1	Sit and stand, proper stance, march forward, scooter pushes, dip or squat, snowplow stop.
Jr. Hockey 2	Backward stance, skating forward, one foot glide, backward swizzles, moving snowplow stop.
HOCKEY CLASSES	AGES 6 to 13
Hockey 1	Sit and stand, proper stance, march forward, scooter pushes, dip or squat, snowplow stop.
Hockey 2	Backward stance, skating forward, one foot glide, backward swizzles, moving snowplow stop.
Hockey 3	Forward C-cuts, hockey turns, forward slalom, forward stops and starts, backward V-stop.
Hockey 4	Forward one foot pushes, forward crossovers, alternating backward C-cuts, mohawks, hockey stop.
ADULT CLASSES	AGES 14 AND OLDER
Adult 1	Falling & recovery, forward strides & glides, backward skating, forward one foot glide, two foot turns.
Adult 2	Forward stroking, backward 1/2 swizzle pumps, moving two foot turns, forward edges, forward crossovers.
Adult 3	Backward edges, backward crossovers, inside mohawk, forward progressives, two foot spin.
Adult 4	Forward three turns, perimeter stroking with crossover, footwork sequence, power three turns.

Learn To Skate Recommendations

Individual Description	Recommended Class
Child who is age 4 to 6 and has never attended an Ice Skating Class	Snowplow Sam 1
Child who is age 6 to 13 and has never attended an Ice Skating Class	Basic 1
Adult who is age 14 and older and has never attended an Ice Skating Class	Adult 1
Child who is age 4 to 7 and has attended at least one Ice Skating Class (Hockey interest)	Jr. Hockey 1
Child who is age 6 to 13 and has attended at least one Ice Skating Class (Hockey Interest)	Hockey 1
Child who is age 6 to 13 and has completed all the Basic Classes	Freeskate 1



Learn To Skate Class Descriptions

USFS BASIC SKILLS

(Parent & Me, Snowplow Sam, Basic, & Freeskate)

CLASS NAME	CLASS AGE AND DESCRIPTION
PARENT & ME CLASS	AGES 3 to 5 1/2 with Parent
Mommy, Daddy & Me	Parents must be able to skate on their own. Class focus is on the child skater. Proper way to fall and get up, balance, marching in place. Games and toys incorporated into class.
SNOWPLOW CLASSES	AGES 4 to 6 (Beginner Classes)
Snowplow Sam 1	Sit and stand up with skates on, off-ice. march in place, march then glide, dip in place.
Snowplow Sam 2	March followed by a glide, dip while moving, backward wiggles, forward two foot swizzles, two foot hop.
Snowplow Sam 3	Forward skating, forward one foot glide, forward swizzles, backward swizzles, snowplow stop.
BASIC CLASSES	AGES 6 to 13 (Beginner Classes)
Basic 1	March forward, forward two foot glide, dip, forward swizzles, backward wiggles, snowplow stop.
Basic 2	Forward one foot glide, backward two foot glide, backward swizzles, moving snowplow stop.
Basic 3	Forward stroking, two foot turns, backward one foot glide, forward slalom, two foot spin
Basic 4	Forward outside edge, forward inside edge, crossovers, backward stroking, backward snowplow stop.
Basic 5	Backward outside edge, Backward inside edge, backward crossovers, one foot spin.
Basic 6	Forward inside three turn, T-stop, bunny hop, forward spiral, forward lunge.
Basic 7	Forward inside open mohawk, ballet jump, forward inside pivot.
Basic 8	Moving outside three turn, one foot spin, waltz jump.
FREESKATE CLASSES	AGES 6 to 13 (Intermediate To Advance Classes)
Freeskate 1	Forward stroking, outside and inside edges, advanced back outside three turns, scratch spin, half flip.
Freeskate 2	Forward outside and forward inside spirals, forward chasse, waltz threes, beginning back spin.
Freeskate 3	Crossovers in figure eight pattern, waltz eight, swing role, salchow, half lutz jump.
Freeskate 4	Spiral sequence, forward power three turns, sit spin, loop jump.
Freeskate 5	Spiral sequence, camel spin, flip jump.
Freeskate 6	Alternating back crossovers, five step mohawk sequence, split jump, lutz jump, axel.