

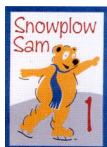


Learn to Skate

Class Descriptions

There are 6 levels that introduce the skater to the fundamentals of skating. Each skater will receive an official USFS book explaining the required skating elements of each level. After mastering all of the elements within a level your skater will be tested and receive a badge for their accomplishment. Most of the classes consist of a 30-minute group lesson with an instructor and then a 20-minute practice time, private lessons are available as well

For more information on Learn to Skate please go to <http://www.usfsa.org/Programs.asp?id=47>



Snowplow Sam (Ages 3-5)

- For skaters with little or no skating experience
- Learn basic balance and skating skills
- 30 -min group lesson with a number of instructors
- Helmets are required
- Games and toys are used in this class to encourage confidence and the enjoyment of the learning experience. Skaters progress to Basic 1.
- For more information on Snowplow Sam go to <http://www.usfsa.org/Content/SnowplowSamProgram.pdf>

Basic 1-6 (Ages 6+)

- For skaters with little or no skating experience
- 30-min group lesson and 20-min practice time
- Basic fundamental skating skills: forward, backward, glides, stops, edges, crossovers turns, etc
- Skills build on each level as the skater progresses, we will test skaters throughout the session to move up
- For more information on all of the levels/elements in each level go to <http://www.usfsa.org/Content/BasicSkills1-8.pdf>

~Please Note~

*Skaters begin here before moving to hockey to learn basic skating skills
Skaters interested in figure skating will progress to the Basic 2&3 class. When your skater passes Basic 2 they can sign up for Jr Club class and or low Freestyle*

Teen Classes (Ages 14-17)

- A great start for the older skater who doesn't want to be in class with little ones.
- For skaters with little or no skating experience
- 30-min group lesson and 20-min practice time
- Basic fundamental skating skills: forward, backward, glides, stops, edges, crossovers turns, etc
- Skate with your friends while learning the basic fundamentals of skating

Adult Classes (Ages 18+)

- It's never too late to skate!!
- Designed for mature skater interested in learning how to skate
- Classes are geared towards skaters ability
- 30-min group lesson and a 20-min Practice Time

Basic Skills with a Private Lesson

- All skaters must be in Basic 1, Teen and or Adult Classes or above
- You may sign up for 10-min private lesson during the 20 min practice time after the 30 min group lesson
- Instructors will be on a rotation throughout the session
- Great way for your skater to stay focused during their practice time

Low Freestyle with a private lesson (Basic 2 and Above)

- Must be in Basic 2 or above
- This is a 25 private lesson + 25 min practice time
- These lessons will be held on a low freestyle session on our Club ice with other advance skaters
- Instructors will be on a rotation throughout the session

Synchronized Skating Class (Basic 5 & above)-offered in Jan.

Synchronized skating is a team sport in which 8-20 skaters perform a program together. It introduces teamwork, speed, intricate formations and challenging step sequences. The team will preform at the, Annual Ice show. For more information on synchronized skating please go to

<http://www.usfsa.org/Programs.asp?id=44>

- 50-min group instruction with 2 coaches
- Please have hair pulled back in a pony tail for safety purposes