



Andover Community Center Ice Skating Lesson Level Guide



The Andover Skate School offers group ice skating and figure skating developmental programs. The first week of class, coaches will teach safety precautions, introduce skills and ensure students are in the correct class. The remaining weeks, students will continue working on skill development. The last week of the program, evaluations will take place and achievement cards and certificates will be awarded. Students must pass all skills listed to advance. All lessons (with the exception of Introduction to Ice Program) are 30 minutes long, with a 30 minute practice time before or after class and meets 6 - 8 weeks, depending upon session and ice availability. Skate Rental Available \$3/pr.

INTRODUCTION TO ICE (AGES 3 - 6)

This is an ideal class for youth who have never been on ice skates before. Both on and off-ice games and music make this class FUN! This is a 30 minute class and typically meets 3 - 4 weeks.

PALS (AGES 3 - 4)

Parent and Little Skaters is an adult & child class. Adult must be on ice with student and wear skates.

PALS 1 - Get on/off ice, Fall and get up, Get to class area, Stand alone, Walk or march across ice, Frog hop, Dip in place, Forward swizzle standing still.

PALS 2 - Walk or march across ice, Two-foot glide, Dip while moving, Single forward swizzles, Backward wiggles, Slalom, Begin two-foot glide, Preparation for snow plow stop.

Pals 3 - Backward wiggles (2-3), Backward swizzle, One foot snowplow stop, Two-foot glide, Forward slaloms (2-3), Forward swizzles (2-3), Scooter push (right and left foot), Two foot snowplow stop.

BASIC (AGES 5 - 12)

BASIC 1 - Fall and get up, Walk or march across ice, Dip in place, Backward wiggles, Forward two-foot glide, Frog Hop, Dip while moving, Single swizzle.

BASIC 2 - Rocking Horse, Two foot Snowplow Stop, Backward Wiggles, Forward Swizzles(6), Right and Left Scooters, Slaloms, Backward Swizzles, One foot glide (right and left), Forward pumping (right and left).

BASIC 3 - One foot snowplow stop, Forward stroking, Airplane turn in both directions, Backward skating/wiggles to a glide, Backward swizzles, Two-foot turn, Slaloms, Begin forward crossover (right foot over left & left foot over right).

ADULT

This class is for adults who want to learn new skills and balance techniques. Class will work on basic forward and backward skating, one and two foot glides, stops and improving stability on the ice. Skate coach will work with each individual in a group setting, teaching skaters skills needed to advance.

FREESTYLE (AGES 8 & OLDER)

Freestyle 1 - Two foot Snowplow Stop, Forward swizzles, Backward swizzles, Forward stroking, Forward pumping (left and right), Rocking Horse, Airplane Turns.

Freestyle 2 - Two-Foot Turns in both directions, Backward skate and two-foot glide, Backward stroking (6), Forward crossover (left and right), One foot snowplow stop.

Freestyle 3 - Begin Forward pivot, Forward spirals, Waltz jump standing still, Forward to back swizzles, Forward lunge, Forward edges (inside and outside), Two-foot spin (3 revolutions).

Freestyle 4 - Forward spirals, Waltz jump, Begin backward crossover (right & left), Bunny hop, Forward edges (inside and outside), Two-foot spin (4 revolutions and exit).

Freestyle 5 - T-stop, Backward spiral, Backward crossovers (right and left), One-foot spin (3 revolutions and exit), Side toe hop, Forward inside pivot, Forward outside 3 - turn (one foot turn: right and left).

Freestyle 6 - Back outside & inside edges, Forward inside 3-turns right and left, One-foot spin (3-5 revolutions and exit), Mohawk, Ballet jump, Half flip.

