



CAPE ANN SKATING CLUB

www.cafsc.org

has participated in the
Learn To Skate Program
at
The Cape Ann Skating Club

A job well done!



Cape Ann Skating Club

Contact Information:

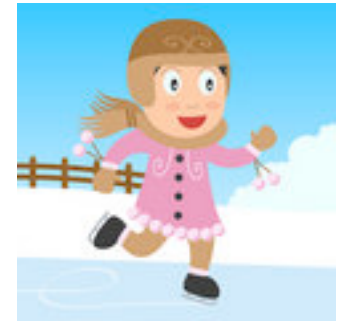
www.cafsc.org

ph: 978-546-2290

email: skatecapeann@hotmail.com

Learn To Skate Director: Faye Greel

LEARN TO SKATE PROGRAM



SKATER'S NAME

DATE

Faye M Greel

LTS Director

*Coaching Hockey & Figure Skating Skills
for over 30 years!*

Welcome to Cape Ann Skating Club

LEARN TO SKATE PROGRAM

Our Learn To Skate (LTS) Program is coached by Professionally Certified Skating Coaches and is recognized as the official Learn To Skate Program by the USA Hockey & Figure Skating Associations.

The program runs in 7-week sessions which allow skaters to progress through all the LTS Levels quickly - as they are guided through the curriculum at their own rate. Once all LTS Levels are completed, skaters are eligible to transition into the next level(s) of Hockey Team Programs and/or our own Figure Skating Program.

Once your skater completes all 4 Levels of our LTS Program, they will receive a notification stating they are ready to move up into the Basic Skills Level Program, offering higher levels of skating skills.

If you have any questions regarding our Learn To Skate Program, please do not hesitate to ask our Learn To Skate Director: Faye Greel for more information.

Sincerely,

The Cape Ann Skating Club

FREQUENTLY ASKED QUESTIONS:

* Why does Cape Ann Skating Club choose to follow the Ice Skating Institute's (ISI) Learn To Skate method?

This program is officially recommended by the USA Hockey and Figure Skating Associations. Our experienced and certified professional skating coaches teach this method to progress skaters - easily, through all the basic levels required to participate in the sports of Hockey and Figure Skating.

* Why should skaters continue to re-enroll in the Learn To Skate Program?

Once each skater successfully completes all four levels of the Learn To Skate Program, they will have acquired all necessary skating skills to move forward into our higher skill levels of "Basic Skills" Skating; followed by "Freestyle" Skating (Levels 1 - 10).

* How do Skaters progress after completing the LTS Program's 4 Skill Levels ?

Cape Ann Skating Club offers recreational Figure Skating Programs which include: Group Lessons and Private Instruction. Participation beyond Learn To Skate offers skaters the chance to acquire advanced freestyle skills, perform in musical programs & shows, greater schedule flexibility with more ice times choices.

* Once all Learn to Skate skills are completed, what are the next steps?

Our professional skating coaches recommend that skaters sign up for one (1) Group Lesson in Basic Skills (per week); and one (1) Private Lesson (per week) to allow the skater to progress at a rewarding rate.

LEARN TO SKATE - 4 Step Program

☀️ Level 1 Balancing Skills

Proper Way to Fall
Proper Way to Get Up
Marching in Standing Position
Marching while Moving



☀️ Level 2 Strokes & Stride Skills

Two-foot Jump in place
Forward Swizzle - standing still
Single Swizzle
Beginning two-foot Glide



☀️ Level 3 Moving Power Skills

Push and Glide Stroking
Preparation for Snowplow Stop
Dip
Forward two-foot Glide w/Swizzle



☀️ Level 4 Backward Skills

Right and Left Pushes
Forward Strokes & Strides
Backward power skating
Stops: one-foot, two-foot & hockey
Backward power swizzles

Please re-enroll in the next session of our Learn To Skate Program, as some skills need more practice.

Congratulations! All Learn To Skate skills have been sufficiently completed. Now is the time to join our Skating Team and move up to our "Basic Skills" level group lessons and private instruction opportunities. Cape Ann Figures Skating Club Registration forms are attached.

Feel free to direct any questions to Faye Greel/LTS Director,. or any club board member listed on our website - www.cafsc.org.