

North Shore Skating Club

Learn to Skate Program

BEGINNERS

Skaters who have never skated before or who have never taken any formal lessons should enter our program at the Snowplow Sam 1, Basic 1, Teen Introductory or Adult 1 level. The recommended age to start skating in our group lesson program is age 4 (unless previously skated).

Snowplow Sam 1 is the starting point for ages 4 through 7.

Basic 1 is the starting point for skaters who are ages 8-11 years.

Teen Introductory is the starting point for skaters ages 12-18 who have not previously had formal lessons.

Adult 1 is a class specifically designed for the needs of the Adult Beginner in mind.

BEYOND BEGINNER

Snowplow Sam 1 - 4, Basic Elements 1 - 6, Teen Introductory and **Adult 1 - 6** are open to skaters with either hockey or figure skates. Skaters will progress through the program once the instructor feels they have sufficiently mastered the moves of their current level.

Snowplow Sam 1 → Snowplow Sam 2 → Snowplow Sam 3 → Snowplow Sam 4 → Basic 1/Hockey 1

Basic 1 → Basic 2 → Basic 3 → Basic 4 → Basic 5 → Basic 6

From Basic 6 skaters move to Freestyle levels.

HOCKEY SKATING SKILLS

For those skaters wishing to learn to skate to eventually play hockey, we offer **Hockey 1** through **Hockey Power**. Strong skating skills is the foundation for successful hockey play. The **Learn-to-Skate Hockey 1-4 Program** has been endorsed by USA Hockey as the best way for aspiring hockey players to learn how to skate properly. There are no sticks and pucks used; the focus is 100% skating technique. It is suggested that skaters enrolling in the Hockey Classes wear a hockey helmet with a face mask. We require all beginner skaters to start at the **Snowplow 1** or **Basic 1** level depending on their age. We require that skaters pass **Snowplow 4** or **Basic 1** before they can move to **Hockey 1**.

Hockey 1 → Hockey 2 → Hockey 3 → Hockey 4 → Hockey Power

CLASS ASSIGNMENTS

We try to restrict Snowplow Sam 1 classes to 7 skaters. In all other classes, the maximum number of skaters is 10. If a class should fill up, an attempt is made to split the class. Therefore, some skaters may be assigned to a different Professional Instructor. Separation of the class will be determined either by age or by strength of the skaters. Instructors track skaters' progress on a weekly basis; therefore, skaters may move to a different class one or more times during a session. The instructors and/or the skating director determine whether or not a skater will be moved to a different class. Passing a badge may mean a change of class but often the skater's current class remains the most suitable for the skater's level. Please remember, skaters progress at different rates and some badges take longer to achieve than others. Not all skaters will pass a badge each session, nor should they be expected to. We make every effort to put beginner skaters who are new to the program with their friends as long as they are entering the program at the same level and it is noted on the application. Once enrolled in the program, skaters will be moved according to ability and children may be separated.

PRACTICE SESSIONS

Some classes include an allotted time for skaters to practice on their own. (Please see schedule with class descriptions.) In addition, we offer an opportunity for Junior Club members to practice on a full sheet of ice on Saturday mornings from 10:10 am – 10:50 am. This Basic Skills Practice Session is available on a walk-in basis for \$14 for our Jr. & Sr. club members. Skaters may also "contract" or prepay for a full session of practice sessions to receive an additional discount.

PRIVATE COACHING

Private or semi-private lessons may be arranged with one of the coaches on our staff. The private lesson fee is additional and must be paid directly to the individual coach. For a complete list of our coaches, visit: www.nsskating.org/coaching-staff.html

SKATES

All skaters should be on single blade skates. We suggest that skaters entering our hockey program wear hockey skates. However, many believe figure skates are easier for beginners. For proper fit and support, most skates should be the skater's show size to a size smaller. For a list of skate shops, visit the Learn-to-Skate section of our website.

ADDITIONAL OPTIONS

All Junior Club Skaters are invited to participate in our annual **Ice Spectacular Skating Show** in April. Skaters who wish to participate in the show must sign up & be enrolled in Jr. Club classes and/or practice sessions by the Junior Club Show Application deadline date of Saturday, November 18, 2017 and must remain enrolled through Session III.

The North Shore Skating Club offers an opportunity for our Junior Club members to compete at our Basic Skills Competition which is held in June.

The North Shore Skating Club also runs a class and practice sessions at the Hockeytown Rink in Saugus. For further information on these programs, visit our website.