

Beginner + Novice Seven 30-minute lessons, once a week + seven practice sessions good at any of our public sessions		
	Ages 4–6	Ages 7–13, 14 & Up
Beginner level group lessons are recommended for those who have limited to no prior ice skating instruction.	Tot 1/2	Prealpha
Novice level group lessons are recommended for those who meet the required level prerequisites.	Tot 3/4 (Prerequisite: Tot 1/2) Tot 5 (Prerequisite: Tot 3/4) Alpha (Prerequisite: Tot 5) Beta (Prerequisite: Alpha)	Alpha (Prerequisite: Prealpha) Beta (Prerequisite: Alpha)
Intermediate + Advanced 10, 30-minute lessons, once a week + 10 practice sessions good at any of our public sessions		
	Ages 4–6	Ages 7–13, 14 & Up
Intermediate level group lessons are recommended for those who meet the required level prerequisites.	Gamma (Prerequisite: Beta) Delta (Prerequisite: Gamma) Freestyle 1 (Prerequisite: Delta) Freestyle 2 (Prerequisite: Freestyle 1) Freestyle 3 (Prerequisite: Freestyle 2) Freestyle 4 (Prerequisite: Freestyle 3) Freestyle 5 (Prerequisite: Freestyle 4)	Gamma (Prerequisite: Beta) Delta (Prerequisite: Gamma) Freestyle 1 (Prerequisite: Delta) Freestyle 2 (Prerequisite: Freestyle 1) Freestyle 3 (Prerequisite: Freestyle 2) Freestyle 4 (Prerequisite: Freestyle 3) Freestyle 5 (Prerequisite: Freestyle 4)
Advanced level group lessons are recommended for those who meet the required level prerequisites.	Freestyle 6 (Prerequisite: Freestyle 5)	Freestyle 6 (Prerequisite: Freestyle 5)

Tot 1/2

Marching while moving
Proper way to fall
Proper way to get up
Marching in place
Beginning 2-foot glide
Two foot jump in place
Forward swizzles

Prealpha

2-foot glide
Right-foot glide
Left-foot glide
Backwards wiggle
Forward swizzle
Backward swizzle

Tot 3/4 (Prerequisite: Tot 1/2)

Push and glide stroking
Prepare for snow plow stop
Dip
Forward swizzle
Backward swizzle
T-position and push right
T-Position and push left
One-foot or two-foot snow plow stop
Backwards wiggle

Tot 5 (Prerequisite: Tot 3/4)

Forward swizzle
Backward swizzle
Backward wiggle
Right one-foot glide
Left one-foot glide

Alpha (Prerequisite: Prealpha or Tot 5)

Forward stroking
Forward crossover (right-foot over left)
Forward crossover (left-foot over right)
Snowplow stop

Beta (Prerequisite: Alpha)

Backwards stroking
Backwards (right-foot over left)
Backwards (left-foot over right)
T-stop left
T-stop right

Gamma (Prerequisite: Beta)

3-turn right forward outside
3-turn left forward outside
Mohawk combination right-foot inside
Mohawk combination left-foot inside
Hockey stop

Delta (Prerequisite: Gamma)

3-Turn right forward inside
3-Turn left forward inside
Forward outside edges
Forward inside edges
Bunny hop
Lunge or shoot-the-duck

Freestyle 1 (Prerequisite: Delta)

Forward inside pivot
2 foot spin
Arabesque
Backwards edges
Half flip
Waltz jump

Freestyle 2 (Prerequisite: Freestyle 1)

Ballet jump
Jump sequence
Half lutz
One foot spin
Two Arabesques
Dance step sequence

Freestyle 3 (Prerequisite: Freestyle 2)

Backward outside and inside pivot
Salchow jump
Change foot spin
Back arabesques
Toe loop jump or toe walley jump
Dance step sequence

Freestyle 4 (Prerequisite: Freestyle 3)

Flip jump
Loop jump
Sit spin
Half-loop jump
Two arabesques
Back 3-turns
Dance step sequence

Freestyle 5 (Prerequisite: Freestyle 4)

Lutz jump
Axel jump
Camel spin
Camel-sit spin
Back scratch spin
Turns
Dance step sequence

Hockey Clinic Seven 45-minute lessons, once a week + seven practice sessions good at any of our public sessions	
	Ages 7–13, 14 & Up
Skills learned	Passing, shooting, stick-handling and game play
Prerequisite	Beta skating level, 7 years old and up.
Equipment	All students must wear full gear: helmet, face mask, gloves, elbow and chest pads; stick and skates.