

Group Lesson Levels

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

<p>Intermediate + Advanced 10, 30-minute lessons, once a week + 10 practice sessions good at any of our public sessions</p>	
	<p>Ages 4–6, 7–13, and 14 & Up</p>
<p>Intermediate level group lessons are recommended for those who meet the required level prerequisites.</p>	<p>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)</p>
<p>Advanced level group lessons are recommended for those who meet the required level prerequisites.</p>	<p>Freestyle 5 (Prerequisite: Freestyle 4) Freestyle 6 (Prerequisite: Freestyle 5)</p>