

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

**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**

Students must be able to complete all skating skills from Tot1/2 / Prealpha through Beta.

**Equipment**

All students must wear full gear: helmet, face mask, gloves, elbow and chest pads; stick and skates.

### Power Skating

*10, 30-minute lessons, once a week + 10 practice sessions good at any of our public sessions*

**Ages 7–13, 14 & Up**

**Skills learned**

Edge-work, transitions, hockey stops, speed and agility

**Prerequisite**

Students must be able to complete all skating skills from Tot1/2 / Prealpha through Beta.

**Equipment**

Hockey stick and skates