



# Learn to Skate

## Class Descriptions

There are 8 levels that introduce the skater to the fundamentals of skating. Each skater will receive an official USFS book explaining the required skating elements of each level. After mastering all of the elements within a level your skater will be tested and receive a badge for their accomplishment. Most of the classes consist of a 30-minute group lesson with an instructor and then a 20-minute practice time, private lessons are available as well

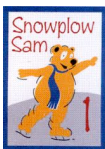
For more information on Learn to Skate please go to <http://www.usfsa.org/Programs.asp?id=47>

### Teddy Bear (Ages 2-4) With parent/Adult, no skates required for adults



- On ice with an adult/parent learning to move on the ice through play.
- 30 -min group lesson with a number of instructors + 20 min practice time w/parents/adult
- Learn basic balance and skating skills
- Helmets are required
- Games and toys are used in this class to encourage confidence and the enjoyment of the learning experience. Skaters progress to Snowplow Sam Class.

### Snowplow Sam (Ages 3-5, pre-K)



- For skaters with little or no skating experience
- Learn basic balance and skating skills
- 30 -min group lesson with a number of instructors
- Helmets are required
- Games and toys are used in this class to encourage confidence and the enjoyment of the learning experience. Skaters progress to Basic 1.
- For more information on Snowplow Sam go to <http://www.usfsa.org/Content/SnowplowSamProgram.pdf>

### Basic 1-8 (Ages 6+)

- For skaters with little or no skating experience
- 30-min group lesson and 20-min practice time
- Basic fundamental skating skills: forward, backward, glides, stops, edges, crossovers turns, etc
- Skills build on each level as the skater progresses, we will test skaters throughout the session to move up
- For more information on all of the levels/elements in each level go to <http://www.usfsa.org/Content/BasicSkills1-8.pdf>

#### ~Please Note~

Skaters begin here before moving to hockey to learn basic skating skills  
Skaters interested in figure skating will progress to the Basic 2&3 class. When your skater passes Basic 2 they can sign up for Jr Club class and or low Freestyle

## **Teen Classes (Ages 12-17)**

- A great start for the older skater who doesn't want to be in class with little ones.
- For skaters with little or no skating experience
- 30-min group lesson and 20-min practice time
- Basic fundamental skating skills: forward, backward, glides, stops, edges, crossovers turns, etc
- Skate with your friends while learning the basic fundamentals of skating

## **Adult Classes (Ages 18+)**

- It's never too late to skate!!
- Designed for mature skater interested in learning how to skate
- Classes are geared towards skaters ability
- 30-min group lesson and a 20-min Practice Time

## **Low Group- Club Class (Basic 3 and above)**

- Skaters must have passed Basic 3-low freestyle
- Skaters receive a 20 min group lesson
- Class will include freestyle: jumps, spins, edge work, moves in the field, intro to ice dancing
- Great class to take before joining Traverse City figure skating club

## **Basic Skills with a Private Lesson**

- All skaters must be in Basic 1, Teen and or Adult Classes or above
- You may sign up for 10-min private lesson during the 20 min practice time after the 30 min group lesson
- Instructors will be on a rotation throughout the session
- Great way for your skater to stay focused during their practice time

## **Low Freestyle with a private lesson (Basic 2 and Above)**

- Must be in Basic 2 or above
- This is a 25 private lesson + 25 min practice time + 15 min off ice jump/stretch class
- These lessons will be held on a low freestyle session on our Club ice with other advance skaters
- Instructors will be on a rotation throughout the session
- Please bring tennis shoes, yoga mat, & jump rope

## **Off Ice Jump/Stretching Class (Ages 6+)- offered in the fall**

- Beginning stages for jump techniques
- Stretching
- Must have tennis shoes, yoga mat, & jump rope

## **Synchronized Skating Class (Basic 5 & above)-offered in fall**

*Synchronized skating is a team sport in which 8-20 skaters perform a program together. It introduces teamwork, speed, intricate formations and challenging step sequences. The team will preform at the Christmas show, Annual Ice show, and hockey games between periods. For more information on synchronized skating please go to <http://www.usfsa.org/Programs.asp?id=44>*

- 50-min group instruction by with 2 coaches
- Must wear all black
- Please have hair pulled back in a pony tail

# Learn To Skate

## Spring Class Schedule

### Monday Classes at Centre Ice

April 4th through June 6th - 8 weeks

**\*No classes on Monday, May 23rd & 30th \***

#### **Classes Offered**

Snowplow Sam	6:00-6:30pm
Basic Skills 1-8	6:00-6:50pm
Teen/Adult	6:00-6:50pm
Basic Skills w/10 min Private Lesson	6:00-6:50pm

### Thursday Classes at Centre Ice

April 7th through June 9th - 9 weeks

**\*No Classes on Thursday, May 26th**

#### **Classes Offered**

##### **Low Freestyle w/private lesson 6:00- 6:50pm**

- Must be in Basic 2 or above
- This is a 25 min private lesson + 25 min practice time
- These lessons will be held on a low freestyle session on our Club ice with other advanced skaters

##### **Low Group – Club Class @5:40-6:00pm**

- Must be in 3 or above. This class is skaters who have not taken a USFS test. Group instruction working on developing core skills of ice skating. Edges, turns, beginning jumps, beginning spins. Instructor fee included in price.