

Class Schedule

Primary Level Classes:

The starting point for those who are new to skating or have never taken formal lessons before!!

Primary Level Classes:	Wednesday	Thursday	Saturday	Class Description
Tot 1 (Age 3½-6)	4:30 pm	5:35 pm	12:10 pm	Skaters learn the proper way to fall, proper way to get up, marching in a standing position, and marching while moving
New Skater (Age 6-12)	5:05 pm	5:00 pm	11:35 am	The proper way to fall and get up, march across the ice, 2 foot glide and dip while moving. Rocking horse and introduction to swizzles & wiggles.
Hockey 1		5:00 pm	11:35 am	Players learn to fall down and get up, rock side to side, jump, walk and run on the ice, forward glide, swizzles, snow plow stop and forward strides.

Secondary Level Classes:

For skaters who have passed one of the primary level classes

Secondary Level Classes:	Wednesday	Thursday	Saturday	Class Description
Tot 2	4:30 pm	6:10 pm	12:45 pm	For the Tot 1 graduate- skaters will learn the skills of a two foot jump in place, forward swizzles, and two foot glides
Tot 3/4	5:05 pm	5:00 pm	11:35 am	For the Tot 2 graduate- skills in Tot 3 include push and glide stroking, preparation for snowplow stops, dips, and forward swizzles
Pre-Alpha	5:05 pm	5:35 pm	12:10 pm	For the new skater graduate – skills include one foot gliding, forward and backwards swizzles, ½ pumps, push and glide stroking and snowplow stop
Adult (Age 13+)		6:10 pm	12:45 pm	Skaters will learn forward & backward swizzles, forward & backward crossovers, 1 foot gliding, forward and backward stroking, 3-turns etc.

Advanced Level Classes:

For skaters who have completed the secondary level class sequence

Advanced Level Classes:	Wednesday	Thursday	Saturday	Class Description
Hockey 2		5:35 pm	12:10 pm	For Hockey 1 graduates – skills include stops & starts, crossovers, backwards strides, agility turning and pivoting with more emphasis on edge work and overall hockey strides
Hockey 3 (Ages 10+) Must have skating experience	4:30 pm beginner 5:05 pm advance			For players looking to focus on techniques to strengthen skating skills. Stops & starts, crossovers, backwards strides, jumps & dives, turning and pivoting.. sticks and pucks used
Alpha	4:30 pm	5:00 pm	11:35 am	For the Pre-Alpha graduate skills include forward stroking, forward crossovers, one foot snowplow stop, backward 1 foot glide and back pumping
Beta/Pre-Gamma	4:30 pm	5:35 pm	12:10 pm	For the Alpha graduate skills include, backwards crossovers, backwards stroking, T-stops, Backwards snowplow stop and two foot turn on a circle
Gamma	5:05 pm	6:10 pm	12:45 pm	For the Pre-Gamma graduate- skaters will learn the skills of forward outside 3-turns, forward inside mohawk combos, and hockey stops
Delta	5:05 pm	6:10 pm	12:45 pm	For the Gamma graduate- skills in Delta include bunny hop, lunge, shoot the duck, forward inside 3-turns, and forward edges
Freestyle			10:30-11:30 am	For the Delta graduates- skills in Freestyle include spiral, waltz jump, salchow, toe loop, two foot spin, one foot spin, and scratch spin

Danbury Ice Arena Figure Skating Department:
Figure Skating Director- Dannon Haliskoe
203-794-1704 dannon@danburyice.com