

# 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	5:00 pm	12:00 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	5:35 pm	12:35 pm	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	12:00 pm	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	5:00 pm	12:00 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	5:35 pm	12:35 pm	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	5:00 pm	12:00 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+)		5:35 pm	12:35 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	12:35 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	12:00 pm	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	5:00 pm	12:00 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	5:35 pm	12:35 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	5:35 pm	12:35 pm	For the Gamma graduate- skills in Delta include bunny hop, lunge, shoot the duck, forward inside 3-turns, and forward edges
Freestyle		5:00-6:00 pm	10:50-11:50 am	For the Delta graduates- skills in Freestyle include spiral, waltz jump, salchow, toe loop, two foot spin, one foot spin, and scratch spin

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