

USFSA LEARN TO SKATE

PARENT & ME

Arcadia's Parent & Me Class allows the parent to also be part of the ACTION!



The Parent & Me class is designed for children ages 2-5 to become comfortable on the ice with the aid of their parent. In this class the children will learn the proper way to fall and the proper way to get up both on and off ice as well as marching and dipping across the ice. The first class of each semester will meet off ice so that the instructor can teach the kids important safety tips. Once skaters advance from this class both they and their parent can continue to learn in our more advanced classes. This class will help the younger student develop the coordination and strength needed to excel at the higher levels.

BASIC 1

This class is designed for the beginning skater above age 5. In this class, students will learn several different ways to get across the ice successfully. Skaters will be evaluated on the following skills: marching across the ice, forward swizzles, backward wiggles, and snowplow stop.



BASIC 3/4

In this class students will learn how to glide across the ice and how to turn from forward to backward. Students will be evaluated on the following skills: two-foot gliding, one-foot gliding, advanced forward swizzles, and advanced backward swizzles. Additionally the skaters may begin to learn two-foot spins.

Additionally at this level skaters will learn appropriate stroking methods. Forward stroking and crossovers will become the skater's primary mode of transportation across the ice. Stroking requires that the skater push, glide, and extend on one foot while maintaining an edge. In this class the

skater will also learn forward crossovers. Students will be evaluated on the following skills: forward stroking – showing correct use of blade, and one-foot snowplow stop. It is not uncommon for skaters to remain in this class for 2 series.

BASIC 4/5

Here is where the skater learns their primary mode of transportation, CROSSOVERS. Forward and Backward Crossovers are often difficult for some students. It is common for the skater to require additional practice and possibly a 15-minute supplemental private lesson in order to master them. Additionally the skaters will learn backward skating. Skaters often prefer to use backward skating as their means of getting across the ice quickly. Like forward crossovers, it is often difficult for some students therefore it is common for skater to require additional practice



15-minute supplemental private lessons in order to master them. Students will be evaluated on the following skills: backward stroking, forward and backward crossover strokes, hockey stops, and 1-foot spins.

BASIC 6-8

Here students will begin learning how to change direction quickly both from forward to backward on two feet as well as on one foot. In this class students will also learn how to manipulate their blades from edge to edge using both 3-turns and mohawks. Skaters will be evaluated on their ability to perform forward outside 3-turns, mohawks, and hockey stops. Additionally the skaters **may** begin to learn simple jumps. Additionally, the skaters will continue to learn appropriate methods for changing directions as well as formal forward edges,

which were previously learned in figures.

Skaters will be evaluated on their ability to perform forward inside 3-turns, forward outside and inside edges, shoot-the-ducks/lunges, and bunny hops.

FREESKATE



This category is divided into 6 levels: Freestyle 1, 2, 3, 4, 5, and 6. These levels make up the highest levels of Learn to Skate and are the transition point to private lessons if the skater does not already have a private coach. Skaters are always excited to enter the freeskate levels because they often see skaters jumping, spinning, and gliding across the ice. In the freestyle levels the skater begins to learn basic to intermediate jumps, spins, and other advanced maneuvers. Each freeskate level is divided into four sections: Moves in the Field, Dance Sequences, Spins, and Jumps. Additional detail on individual levels can be seen in the USFS handbook and upcoming newsletters.

HOCKEY 1-4

The hockey curriculum has been designed to teach the students the fundamentals of hockey. The skaters will learn to become more agile and to maneuver faster.



ADULT and TEEN

Our adult/teen program is designed for the beginner skater over the age of 17. These classes provide older skaters with a more comfortable environment to learn in while surrounded by their peers. The class pace is designed to suit the needs of the older student. These classes help the skaters improve their balance and coordination while maintaining physical fitness. These classes also allow the student to progress at an individual rate.