

What Will I Learn in My New Class?

ISI or USFS Level Completed... Next USFS Level is...

Ages 3 - 6

New skater...	<i>then take</i>	Snowplow Sam 1 or Mom / Dad / Me
Mom / Dad / Me	<i>then take</i>	Snowplow Sam 1
Tot 1 or Snowplow Sam 1	<i>then take</i>	Snowplow Sam 2
Tot 2 or Snowplow Sam 2	<i>then take</i>	Snowplow Sam 3
Tot 3 or Snowplow Sam 3	<i>then take</i>	Basic 2
Tot 4 or Snowplow Sam 3	<i>then take</i>	Basic 2 or 3
Tot 4 or Snowplow Sam 3	<i>then take</i>	Jr. Hockey 1
Tot Power Ice 1 or Jr. Hockey 1	<i>then take</i>	Jr. Hockey 2
Tot Power Ice 2 or Jr. Hockey 2	<i>then take</i>	Hockey 3

Ages 6 - 18

New skater...	<i>then take</i>	Basic 1
Youth Pre-Alpha 1 or Basic 1	<i>then take</i>	Basic 2
Youth Pre-Alpha 2 or Basic 2	<i>then take</i>	Basic 3
Youth Alpha or Basic 3	<i>then take</i>	Basic 4
Youth Beta or Basic 4	<i>then take</i>	Basic 5
Youth Gamma or Basic 5	<i>then take</i>	Basic 6
Youth Delta or Basic 6	<i>then take</i>	Basic 7
Youth Pre-Alpha 2 or Basic 1	<i>then take</i>	Hockey 1
Power Ice 1 or Hockey 1	<i>then take</i>	Hockey 2
Power Ice 2 or Hockey 2	<i>then take</i>	Hockey 3
Power Ice 3 or Hockey 3	<i>then take</i>	Hockey 4
Power Ice 4 or Hockey 4	<i>then take</i>	Youth Learn to Play or Mini Mites

Adults

New skater...	<i>then take</i>	Adult 1
Adult Pre-Alpha 1	<i>then take</i>	Adult 1
Adult Pre-Alpha 2 or Adult 1	<i>then take</i>	Adult 2
Adult Alpha or Adult 2	<i>then take</i>	Adult 3
Adult Beta or Adult 3	<i>then take</i>	Adult 4
Adult Gamma or Adult 3	<i>then take</i>	Adult 4
Adult Delta or Free Skate 1	<i>then take</i>	Free Skate 2
Adult Pre-Alpha 2 or Adult 1	<i>then take</i>	Adult Hockey 1
Adult Power Ice 1 or A. Hockey 1	<i>then take</i>	Adult Hockey 2
Adult Power Ice 2 or A. Hockey 2	<i>then take</i>	Adult Hockey 3
Adult Power Ice 3 or A. Hockey 3	<i>then take</i>	Adult Hockey 4
Adult Power Ice 4 or A. Hockey 4	<i>then take</i>	Adult Learn to Play

Any Age

Freestyle 1 or Basic 7	<i>then take</i>	Basic 8
Adult 4 or Basic 8	<i>then take</i>	Free Skate 1
Freestyle 2 or Free Skate 1	<i>then take</i>	Free Skate 2
Freestyle 3 or Free Skate 2	<i>then take</i>	Free Skate 3
Freestyle 4 or Free Skate 3	<i>then take</i>	Free Skate 4
Freestyle 5 or Free Skate 4	<i>then take</i>	Free Skate 5
Freestyle 6 or Free Skate 5	<i>then take</i>	Free Skate 6
Delta or Basic 5 or Adult 3	<i>then take</i>	Dance 1
Dance 1	<i>then take</i>	Dance 2
Dance 2	<i>then take</i>	Dance 3
Dance 3	<i>then take</i>	Dance 4
Dance 4	<i>then take</i>	Dance 5
Dance 5	<i>then take</i>	Dance 6
Delta or Basic 5 or Adult 3	<i>then take</i>	Synchro 1
Synchro 1	<i>then take</i>	Synchro 2
Synchro 2	<i>then take</i>	Synchro 3
Synchro 3	<i>then take</i>	Synchro 4

Learn-To-Skate Program

September-November 2008

7 Classes

No Classes on: 9/20, 9/21, 9/22
10/11, 10/12, 10/13

Please Refer to Brochure for Lesson Days and Times.

KCI now participates in the Learn-To-Skate Program defined by United States Figure Skating (USFS).

What Will I Learn in My Class?

Flip Me Over!

Questions? Just Ask!!



Mom/Dad/Me & Snowplow Sam 1

Sit down / Stand up off-ice
 Sit down / Stand up on-ice
 March in place
 March forward
 March Forward / Glide on 2 feet
 Dip in place

Snowplow Sam 2

March / Long Glide
 Dip Moving
 Backward Wiggles
 Rocking Horse
 Forward Swizzles
 2-Foot Hop in place

Snowplow Sam 3

Forward Moving Glides
 Forward 1 Foot Glide
 Big Forward Swizzles
 Backward Swizzles
 1 and 2 foot Snowplow Stops
 Curves

Jr / Youth / Adult & Hockey 1

Sit down / Stand up on-ice
 Proper Hockey Stance
 Forward Marching
 Forward 2-Foot Glide
 Dip or Squat
 Scooter pushes
 Forward Swizzles
 1 and 2 foot Snowplow Stops
 Backward Skating

Jr / Youth / Adult & Hockey 2

Backward Hockey Stance
 Forward Strides
 Forward 1-Foot Glides
 Backward Hustle
 Backward Swizzles
 Glide Turns
 1 and 2 foot Snowplow Stops

Youth / Adult Hockey 3

Forward C-Cuts on a circle
 Hockey Turns
 Forward Slalom
 Forward Stops & Starts
 Backward V-Stop
 Lateral Marching Crossovers

Youth / Adult Hockey 4

Forward Pumps on Circle
 Forward Crossovers
 Forward Cross Glides
 Backward C-Cuts on a Line
 Backward 1-Foot Glides
 Inside & Outside Mohawks
 Hockey Stop

Basic 1

Sit down / Stand up on-ice
 March forward
 Forward 2 foot Glide
 Dip
 Forward Swizzles
 Backward Wiggles
 1 & 2 foot Snowplow Stops in place
 Rocking Horse
 2-Foot Hop in place

Basic 2

Forward 1 Foot Glides
 Backward 2 Foot Glides
 Backward Swizzles
 2-Foot Turn F to B in place
 1 and 2 foot Snowplow Stops
 1-Foot Pumps in Straight Line

Basic 3

Forward Stroking
 1-Foot Pumps on a Circle
 2-Foot Turn F to B while moving
 Backward 1 Foot Glides
 Forward Slalom
 2-Foot Spin

Basic 4

Forward Outside Edge on Circle
 Forward Inside Edge on Circle
 Forward Crossovers both directions
 Forward Outside 3-turns
 Backward 1-foot pumps on Circle
 Backward Stroking
 Backward Snowplow Stops

Basic 5

Backward Outside Edge on Circle
 Backward Inside Edge on Circle
 Backward Crossovers both directions
 1-Foot Spin
 Hockey Stop
 Side Toe Hop both directions

Basic 6

Forward Inside 3-turns
 Backward 2-Foot turns on Circle
 T-Stops
 Bunny Hop
 Forward Spiral on Straight Line
 Forward Lunge

Basic 7

Forward Inside Mohawks
 Back Out Edge to Forward Out Edge
 Ballet Jump
 Back Crossovers to Back Landings
 Forward Inside Pivots

Basic 8

Moving Forward 3-turns
 Moving Forward Inside 3-turns
 Step Sequence
 1-Foot Spin
 Waltz jump
 Mazurka

Adult 1

Fall & Recovery
 Forward Strides & Gliding
 Forward / Backward Swizzles
 Backward Skating
 Forward 1 Foot Glides
 2-Foot turns
 1 and 2 foot Snowplow Stops
 Forward Curves on 2-Foot
 Forward Pumps on Circle

Adult 2

Forward Stroking
 Backward Pumps on Circle
 2-Foot Turns on Curve
 Forward Edges on Circle
 Forward Crossovers both directions
 Backward 1-Foot Glide
 Forward Pivot
 Forward Chasses' on a Circle

Adult 3

Back Inside/Outside Edges on Circle
 Backward Crossovers both directions
 Inside Mohawks
 Forward Outside/Inside Edges
 Forward Progressives
 2-Foot Spin
 Backward Snowplow Stops

Adult 4

Forward Inside & Outside 3-Turns
 Forward Perimeter Stroking
 Forward Outside to Inside Edges
 Alternating Backward Crossovers
 Footwork Sequence
 Power 3-Turns
 Backward Chasses on Circle

Synchro 1

Circle - Forward pumps both directions
 Line - Forward skating with stop
 Block - Shoulder Hold Forward
 Wheel - 2 or 4 spoke
 Holds - Shoulder & Hand

Synchro 2

Circle - with transitions
 Line - Forward skating with crossovers
 Block - Forward with change of axis
 Wheel - 2 or 4 spoke with Back skating
 Intersection - Forward with one line

Free Skate 1

Advanced Stroking
 Consecutive Forward Inside / Outside Edges
 Advanced Backward Outside 3-turns
 Advanced Scratch Spin
 Waltz jump
 Half Flip jump

Free Skate 2

Consecutive Backward Inside / Outside Edges
 Forward Spirals Outside / Inside
 Progressive Chasse Sequence
 Waltz 3-turns
 Beginning Back Spin
 Waltz jump / Side Toe Hop / Waltz jump
 Toe Loop jump

Free Skate 3

Figure 8 of Forward & Backward Crossovers
 Advanced Forward Swing Rolls
 Backward Inside 3-turns
 Advanced Back spin
 Salchow jump
 Half Lutz jump
 Waltz jump / Toe Loop / Salchow / Toe Loop

Free Skate 4

Spiral Sequence
 Forward Power 3-turns
 Backward Progressive Chasse Sequence
 Sit Spin
 Loop Jump
 Waltz / Loop Jump

Free Skate 5

Backward Outside 3-turn Sequence
 Spiral Sequence
 Forward Outside Slide Chasse Sequence
 Camel Spin
 Forward to Back Spin
 Loop / Loop jump
 Flip Jump
 Waltz / Falling Leaf / Toe Loop jump

Free Skate 6

Alternating Back crossovers
 Five Step Mohawk Sequence
 Camel / Sit Spin
 Split Jump or Stag Jump
 Waltz / Half Loop / Salchow jump
 Lutz jump
 Axel prep

Dance 1

Dutch Waltz

Dance 2

Canasta Tango