



## GROUP LESSON CURRICULUM

### **Tot 1 (Ages 3-4) and Parent & Tot (Ages 3-5)**

For those who have never skated

- Proper way to fall down/stand up
- Marching in standing position
- Marching while moving
- Dip in place
- March forward with 2 foot glide

### **Tot 2 (Ages 3-4)**

- March forward, long 2 foot glide
- Dip while moving
- Backward wiggles
- Forward swizzles (3 in a row)
- Rocking horse
- Two foot hop (optional)

### **Tot 3 (Ages 3-4)**

- Push and Glide Stroking
- Forward 1-foot glide
- Forward swizzles (3 in a row, glide in between)
- Backward swizzles
- Stopping (Snowplow)

### **Pre Alpha (Level 1) (Ages 4 & up)**

For those who have never skated

- Skates properly fitted, Safety
- Proper way to fall down/stand up
- March in place, march forward
- 2-foot glide
- Dip while moving
- Forward swizzles (3 in a row)
- Backward wiggles
- 2-foot hop (optional)
- Rocking horse

### **Pre Alpha Plus (Level 2) (Ages 4 & up)**

- Forward swizzle with 2-foot glide in between
- Forward 1 foot glide (count to 3, Right/Left foot)
- Backward swizzle (3 in a row)
- Stopping (Snowplow)
- 2-foot turn F to B in place
- Alternating 1 foot pumps in straight line (R & L)

### **Alpha (Level 3) (Ages 4 & up)**

- Forward stroking
- Forward 1 foot pumping on circle
- Forward outside, forward inside edges (on circle)
- Forward crossovers
- Backward swizzles to 2-foot to 1-foot glides (hold 3 seconds)
- 2-foot spin (optional)

### **Beta (Level 4) (Ages 4 & up)**

- Backward stroking
- Backward 1-foot glides
- Backward 1-foot pumping on circle (both directions)
- Backward crossovers (both directions)
- Moving forward to backward 2-foot turn
- Hockey Stop
- Introduction to forward outside edges (consecutive on line)

### **Gamma (Level 5) (Ages 4 & up)**

- Backward outside/inside edges on circle
- Backward stopping
- Forward Outside Edges on line
- Forward outside 3-turns
- Forward inside pivots (not for hockey skates)
- 2-foot spin to 1-foot spin (3 revolutions with foot up)
- Side toe-hop (not for hockey skates)

### **Delta (Level 6) (Ages 4 & up)**

- Backward to forward 2-foot turn on circle
- Forward inside edges (on line)
- Forward inside 3-turn
- T-stops
- Bunny hop
- Spiral, lunge or shoot the duck
- Ballet Jump
- Review of forward and backward crossovers

### **Introduction to Freestyle**

- Advanced forward stroking
- Mohawks – forward inside/back outside/back inside
- 1-foot spin from forward outside 3-turn, introduce crossed-leg position
- Moving forward inside/outside 3-turns
- Backward crossovers to a landing position
- Waltz jump
- Mazurka
- Backward outside edges (consecutive on line)

### **Freestyle 1 (Prerequisite: Intro to FS)**

- Combination Mohawk step sequence
- Forward/backward crossover in figure 8
- Backward inside edges (consecutive on line)
- Intro to backward outside 3 turns
- Adv. 1 foot forward scratch spin – 3 revolutions free leg crossed
- Half flip
- Waltz Jump (from crossovers)

### **Freestyle 2**

- Forward spirals on outside/inside edges
- Waltz jump, side toe-hop, waltz jump combination
- Beginning back spin from forward inside 3-turn
- Half lutz jump
- Backward outside 3-turns
- Progressive chasse sequence (forward)
- Waltz 3

### **Freestyle 3**

- Waltz 8
- Toe-loop
- Advanced forward swing rolls
- Backward inside 3-turns
- Back spin with free foot crossed (3 revolutions)
- Salchow
- Waltz jump, toe loop or salchow, toe loop comb.

### **Freestyle 4**

- Forward power 3-turns
- Continuous backward progressive chasse sequence
- Loop jump
- Sit spin
- 2 Backward Spirals (one on each foot either edge)

### **Freestyle 5**

- Backward Mohawk sequence
- Spiral sequence
- Waltz, loop combination
- Flip Jump
- Camel Spin
- Forward spin to backward spin

### **Freestyle 6**

- Alt back cross to back outside extension
- 5-step Mohawk sequence
- Loop/Loop combination
- Lutz
- Axel walk-through and preparation
- Split jump/stag jump/falling leaf
- Camel – sit spin combination

### **Moves in the Field**

These classes are for the Delta level and higher skater. Designed to emphasize power, edge quality, extension of line and quickness or preciseness of skating movements, the Moves in the Field classes are an introduction to the United States Figure Skating Association Moves in the Field.

### **Introduction to Beginning Moves**

- Back Outside/Inside Edges
- Forward Circle 8 Outside/ Inside
- 5 Step Mohawk Sequence
- Alternating forward Outside/Inside 3-turns
- Waltz 8
- Forward Straight Line Spiral
- Forward and Back crossovers in an eight pattern
- Alternating Back Crossovers to Back Outside Edge

### **Introduction to Advanced Moves**

- Forward and Backward Perimeter Crossovers
- Forward And Backward Outside Cross Strokes
- Forward Power 3 turns
- Forward Outside and Inside Spirals
- 8 Step Mohawk Sequence
- 3-turns in the field  
RFO/LBI  
LFO/RBI  
RFI/LBO  
LFI/RBO
- Forward/Backward Power Pulls

We provide a certified instructor for each class. We do not guarantee that the same instructor will be able to teach each class for the six week series. (i.e. sick days, competitions, family emergencies, etc.)

We strive to offer a variety of classes for every level of skater.