



# INSTRUCTIONS FOR GROUP LESSON STUDENTS

**What to wear** - To protect skaters from cold temperatures, injury from skate blades and rough ice in the event of falling, long pants, long sleeves or a jacket, gloves or mittens and hats should be worn. Rink staff strongly recommends the use of bicycle type helmets be worn for added protection. Students wearing hockey skates are encouraged to wear caged hockey helmets which can be purchased in our Pro Shop.



**Arrival Time** - For your first ice skating lesson, we strongly recommend that you come in 30 minutes prior to the start of your lesson. For the remaining lessons we recommend at least 10 to 15 minutes prior to the lesson time in order to get skates on for the lesson, and be on the ice at the start of class.

**Where to go** - You should stop by the front desk or at the front lobby on your first lesson to receive a "Practice Card" (a parent will need to sign it out) and receive instruction as to where to meet your instructor. It is important that you bring your lesson card with you each week as it will enable you to pick up your rental skates. The first class for Tot, Parent & Tot, Pre-Alpha and Pre-Alpha Plus students (beginners) will be devoted primarily to checking the fit of each student's skates and the proper lacing of the boots. Your skill level will also be assessed in the first class to be sure you are in the correct level. On the 5<sup>th</sup> class, students will be evaluated. On the 6<sup>th</sup> class, students will have an opportunity to be re-evaluated. If the student has already registered for the next series, they may bring a new evaluation form to the front desk and transfer to the new class. Please note it often takes several series of lessons at the same level to be able to acquire all the skills necessary to pass to the next level. Students will be awarded a ribbon upon completion of each level.

**Practice** - In order to improve their skills, it is important that each student take advantage of the FREE practice sessions. These practice sessions allow the student 6 or 9 (dependant on the length of class) free admissions and skate rentals to any general/public session. The practice card is valid only during the lesson series you are currently enrolled in and must be presented to the front desk and skate exchange.

**Skate Fitting** - Skates should be ½ to 1 size smaller than the skater's actual sneaker size. Skaters should wear one pair of thin socks or tights for maximum support. A skate should have loose laces down to the toe before being put on, and then tightly re-laced with the tongue straight up. If a skater's heel lifts up and down or there is inadequate ankle support, a smaller ice skate should be worn. Please wait until the skate is properly laced to determine if a larger size is required.



**Refunds/Make-ups** - There are no refunds for class lessons when a student is absent, even if the student is ill. Our programs DO NOT permit the opportunity for makeup lessons. A \$5.00 transfer fee will be assessed for the switching of classes, unless a transfer slip is given and signed by our instructors.

**INCLEMENT WEATHER POLICY** - We follow Montgomery County government closings, not school closings. Please log on to our website at [www.cabinjohnice.com](http://www.cabinjohnice.com) or call us at 301-765-8620 for up-to-date information regarding closures. Please note: If our building loses power, our phones will not work and you will hear a busy signal. Refer to the website for important information. Announcements of closures may also be sent out via email so make sure your ParkPASS account has a valid email address.

Visit [www.ParkPASS.org](http://www.ParkPASS.org) to view a complete list of class offerings and register online or in-person.  
Don't delay! Registrations received after the registration period ends will be in-person only and include a \$10.00 fee.

# CABIN JOHN GROUP LESSON CURRICULUM

Pre-Alpha (Level 1) through Beta (Level 4) are separated by age: Preschool = 4-6, Youth = 6-12, Teen/Adult = 12 and up

## **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)

## **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
- Two 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

## **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) (All 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) (All 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

## **\*NEW LEVEL\* Intro 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 1-6 and Specialty Class descriptions can be found online at [www.ParkPASS.org](http://www.ParkPASS.org)**

**Interested in playing Hockey?** Mitey Mites classes start at age 4. Prerequisite: Passing Pre-Alpha (Level 1) in hockey skates. See descriptions and information online.