

River Blades Skating School On-Ice

Class Descriptions

Introductory Classes

Ages 3-7 Learn to Skate (LTS) Levels 1-4 Group Classes

LTS 1: For skaters with little or no skating experience. Emphasis is on learning to stand, fall & move on the ice with song & games. Learn to Skate

LTS 2: For skaters who have passed LTS 1. Emphasis is on swizzles, two-foot glides, backward wiggle, dip, stop & freeze. Learn to Skate

LTS 3: For skaters who have passed LTS 2. Emphasis is on backward swizzles, hockey turns, stopping, forward slalom, beginning stride & more. Learn to Skate

LTS 4: For skaters who have passed LTS 3. Emphasis is on backward slalom, one-foot glides, 3-step crossovers, pump circles.

Foundation Classes

Ages 8 and up: Pre-Alpha – Delta Group Classes

Pre-Alpha: A beginning class for skaters ages 8 and up. Emphasis is on many of the skills taught in Learn to Skate LTS 1-4.

Alpha: For skaters who have successfully completed the Pre-alpha or LTS 4 tests. Emphasis is on forward skating, forward crossovers & stopping on one foot.

Beta: For skaters who have successfully completed the Alpha test. Emphasis is on backward skating, back crossovers, T-stops.

Gamma: For skaters who have successfully completed the Beta test. Emphasis is on forward outside 3-turns, Mohawks, & hockey stops.

Delta: For skaters who have successfully completed the Gamma test. Emphasis is on Right & Left forward inside 3-turns, forward outside edges, forward inside edges, lunge, shoot the duck, bunny hop.

Note: Adult Classes will be offered when there is an interest for it. Please leave your name & phone # with Amanda if you are interested.

Scroll down for Specialty Classes for Figure Skaters & Hockey Players

Specialty Classes Designed for Figure Skaters

Beginning Freestyle Class*:

For Beta skaters and up. Emphasis will be on freestyle skating: jumping techniques, spinning, edge work Beginning Freestyle skaters will perform in the yearly Skate with Santa Event.

*Note: Must be registered in Beta-Delta group lesson class to participate in Beginner Freestyle Class unless you have already passed Alpha-Delta.

NEW Intro to Team Skating Class*

Introduces synchronized skating skills and steps in a team setting. Skills will be choreographed to music and performed at our Skate with Santa Event and possibly a local competition. Allows skaters to meet new friends, build confidence, and give them an opportunity to perform skills taught in class. Off-Ice parents meetings will be held throughout the session. Learn about topics important to a Figure Skating parent.

A meeting schedule will be posted the first day of class. Skaters ***may*** have periodic off-ice practices after their regular scheduled class, we will inform you of these at a later date.

*Alpha through Freestyle allowed to register for this class.

*Special discount pricing available for registering see registration form.

Specialty Classes Designed for Hockey Players

NEW Mini-Mite Skating Skills Class, Ages 3 ½ +

Great new class for hockey players just starting out or for Mini-Mites who want to learn correct technical skating skills.

This class is designed to teach your beginner- advanced Mini-Mite from the very first step they take on to the ice to skating circles around their teammates. Our classes will build your skaters confidence in an organized class setting that focuses on specific skating skills taught by a trained professional. Keep in mind numerous skills are introduced in these classes and your skater may have to repeat a class in order to master the skills.

Beginner Mini-Mite:

Skills introduced and covered : Balance on the Blade, marching, falling safely, getting up safely, gliding, A's & V's (ready position), swizzles, backward wiggles, gliding around a cone, introduction to hockey turns, snow plow stops, One foot balance and control exercises.

Intermediate Mini-Mite:

Skills introduced one foot glides forwards & backwards, backward swizzles, hockey turns, introduction to hockey stops, forward slalom, beginning stride, walking crossovers & review skills covered in Beginner Mini-Mite.

Advanced Mini-Mite:

Skills introduced backward slalom, one-foot glides, 3-step crossovers, pump circles, mastering the stride, forward crossovers on a circle, introduction of backward crossovers quickness drills and review skills covered in Intermediate Mini-Mites.

Note: We follow the guidelines of the ISI — Ice Skating Institute.

www.skateisi.com

All On-Ice classes consist of a 0.5 hour lesson & 0.5 hour of practice unless otherwise noted. It is not uncommon for a skater to repeat a level. River Blades Skating School may move your skater up or down a level depending on their skill level at any time during the course of the semester. River Blades Skating School recommends wearing a helmet while skating especially for LTS 1-4. Private lessons are available if you would like to progress faster through the program.