

Snowplow Sam – Discover, Learn and Play

The Snowplow Sam levels are introductory classes divided into four progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children six and younger develop the ABCs of movement – Agility, Balance, Coordination and speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

Off-ice orientation prior to the first skating class:

Equipment check – Proper fit and lacing of skates, appropriate attire, and safety helmets.

Practice falling and recovery, marching in place, dips and one-foot balances.

Snowplow Sam 1



- A. Sit and stand up with skates on – off-ice
- B. Sit and stand up – on-ice
- C. March in place
- D. March forward (8-10 steps)
- E. March, then glide on two feet
- F. Dip in place

Snowplow Sam 2



- A. March followed by a long glide
- B. Dip while moving
- C. Backward walking, toes turned inward, shifting weight (4-6 steps)
- D. Backward wiggles (6 in a row)
- E. Forward swizzles (2-3 in a row)
- F. Beginning snowplow stop motion – in place or holding onto barrier
- G. Two-foot hop, in place (optional)

Snowplow Sam 3



- A. Forward skating (8-10 strides)
- B. Forward one-foot glide, two times skater's height (R and L)
- C. Forward swizzles (4-6 in a row)
- D. Backward swizzles (2-3 in a row)
- E. Moving forward snowplow stop (two-foot)
- F. Curves

Snowplow Sam 4



- A. Forward skating
- B. Backward two-foot glide, length of skater's height
- C. Backward swizzles (4-6 in a row)
- D. Rocking horse – one forward, one backward swizzle, repeat twice
- E. Two-foot turns from forward to backward, in place (both directions)
- F. Two-foot hop, in place

Based on the age and ability of the child after completion of Snowplow Sam 3, they can successfully advance to Basic 2 or Hockey 2, or progress to Snowplow Sam 4.

Basic Skills – FUNdamentals

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speedskating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN, and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

Discover, Learn and Play – Basic 1 and 2: These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

FUNdamentals – Basic 3–6: These levels develop all of the fundamental skating skills on the ice. Focus is on learning the ABCs of basic athleticism: agility, balance, coordination and speed. Upon completion of these levels, skaters will be able to confidently advance to more specialized areas of skating.

Off-ice orientation:

- Equipment check: proper fit and lacing of skates, appropriate attire, safety helmets
- Practice falling and recovery, marching in place, dips and one-foot balances in skates

Basic 1



- Sit on ice and stand up
 - March forward across the ice
 - Forward two-foot glide
 - Dip
 - Forward swizzles — 6–8 in a row
 - Backward wiggles — 6–8 in a row
 - Beginning snowplow stop on two feet or one foot
- ★ Bonus skill: Two-foot hop in place

Basic 2



- Scooter pushes — R and L
 - Forward one-foot glides — R and L
 - Backward two-foot glide — Glide the length of skater's height
 - Rocking Horse (one forward swizzle, one backward swizzle) — Repeat twice
 - Backward swizzles — 6–8 in a row
 - Two-foot turns from forward to backward in place — clockwise and counterclockwise
 - Moving snowplow stop
- ★ Bonus skill: Curves

Basic 3



- Beginning forward stroking showing correct use of blade
 - Forward half swizzle pumps on a circle — 6–8 consecutive clockwise and counterclockwise
 - Moving forward to backward two-foot turns on a circle — clockwise and counterclockwise
 - Beginning backward one-foot glides — focus on balance
 - Backward snowplow stop — R and L
 - Forward slalom
- ★ Bonus skill: Forward pivots - clockwise and counterclockwise

Basic 4



- Forward outside edge on a circle — R and L
 - Forward inside edge on a circle — R and L
 - Forward crossovers — clockwise and counterclockwise
 - Backward half swizzle pumps on a circle — clockwise and counterclockwise
 - Backward one-foot glides — R and L
 - Beginning two-foot spin — Up to two revolutions
- ★ Bonus skill: Forward lunges — both legs

Basic 5



- Backward outside edge on a circle — R and L
 - Backward inside edge on a circle — R and L
 - Backward crossovers — clockwise and counterclockwise
 - Forward outside three-turn — R and L
 - Advanced two-foot spin — 4–6
 - Hockey stop — both directions
- ★ Bonus skill: Side toe hop — R and L

Basic 6



- Forward inside three-turn — R and L
 - Moving backward to forward two-foot turn on a circle — clockwise and counterclockwise
 - Backward stroking
 - Beginning one-foot spin — 2–4 revolutions, optional free leg position and entry
 - T-stops - R and L
 - Bunny hop
 - Forward spiral on a straight line — R or L
- ★ Bonus skill: Shoot the duck — R or L

Free Skate

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps — all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as a bridge program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

Pre-Free Skate (combination of Basic 7 and 8)



Skating Skills:

- A. Forward inside open mohawk from a standstill position (R to L and L to R)
- B. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise

C. Backward outside edge to a forward outside edge transition, clockwise and counterclockwise

D. Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise

Spins:

E. One-foot upright spin, optional entry and free-foot position (minimum three revolutions)

Jumps:

F. Mazurka (R and L)

G. Waltz jump

★ Bonus Skill: Backward inside pivots, clockwise and counterclockwise

Free Skate 1



Skating Skills:

- A. Forward power stroking, clockwise and counterclockwise
- B. Basic forward outside and forward inside consecutive edges (four to six consecutive edges)
- C. Backward outside three-turns (R and L)

Spin:

D. Upright spin, entry from back crossovers (min. four to six revolutions)

Jumps:

E. Half flip

F. Toe loop

★ Bonus Skill: Waltz jump-side toe hop-waltz jump sequence, or waltz jump-ballet jump-toe loop sequence

Free Skate 2



Skating Skills:

- A. Alternating forward outside and inside spirals on a continuous axis (two sets)
- B. Basic backward outside and backward inside consecutive edges (four to six consecutive edges)
- C. Backward inside three-turns (R and L)

Spin:

D. Beginning back spin (up to two revolutions)

Jumps:

E. Half Lutz

F. Salchow

★ Bonus Skill: Variation of a forward spiral, skater's choice

Free Skate 3



Skating Skills:

- A. Alternating backward crossovers to back outside edges - Four sets
- B. Alternating mohawk/crossover sequence (R to L and L to R)
- C. Waltz three-turns (forward outside three turn, backward outside edge glide), clockwise and counterclockwise

Spin:

D. Advanced back spin with free foot in crossed leg position (min. three revolutions)

Jumps:

E. Loop jump

F. Waltz jump-toe loop or Salchow-toe loop combination

★ Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps

Free Skate 4



Skating Skills:

- A. Forward power three-turns (R and L), 3 sets each
- B. Waltz eight, clockwise and counterclockwise

Spins:

C. Forward upright spin to backward upright spin (3 revs., each foot)

D. Sit spin (minimum three revolutions)

Jumps:

E. Half loop

F. Flip

★ Bonus Skill: Split jump, stag jump or split falling leaf

Free Skate 5



Skating Skills:

- A. Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise
- B. Five-step mohawk sequence, clockwise and counterclockwise

Spins:

C. Camel spin (minimum three revolutions)

Jumps:

D. Waltz jump-loop jump combination

E. Lutz jump

★ Bonus Skill: Loop-loop combination

Free Skate 6



Skating Skills:

- A. Forward power pulls (R and L)
- B. Creative step sequence, skater's choice, using a variety of three-turns, mohawks and toe steps

Spins:

C. Camel-sit spin combination (minimum two revolutions each position)

D. Layback or attitude spin or cross-foot spin (three revolutions)

Jumps:

E. Waltz jump-half loop-Salchow jump sequence

F. Axel

★ Bonus Skill: Backward outside pivot, entry optional

Note: The Skating School has the authority to add classes to continue skater development under the umbrella of Learn to Skate USA beyond Free Skate 6. Sample lesson plans and programming ideas are available in the Skating School Administrative Tool.

Hockey

The Hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals to be successful in hockey practices and game situations.

Necessary equipment:

- Hockey skates
- HECC Approved Hockey Helmet

Hockey 1



- Falling and recovery to a balanced, standing position
- Proper basic hockey stance (Forward and Backward)
- March Forward across the ice, 8-10 steps
- Two-foot glides and dips from forward marching across the ice
- Forward swizzles / double c-cuts (4 to 6 in a row)
- T-Push to a two-foot glide (hold 2-4 seconds) on a straight line, alternating feet
- Snowplow Stop, stationary

★ Bonus Skill: Front to Back and Back to Front turns (Stationary)

Hockey 2



- Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive
- Forward one-foot push and glide (right and left)
- Forward C-Cuts: single leg (right and left) and alternating feet (right and left) in a straight line
- Backward hustle or march, then glide on two feet
- Backward swizzles / double c-cuts (4 to 6 in a row)
- Backward C-Cuts, single leg (right and left) and alternating feet (right and left) in a straight line
- Two-foot moving Snowplow stop

★ Bonus Skills: Scooting or Skateboard push, on circle (Right & Left)

Hockey 3



- Lateral crossover march (both directions)
- Forward C-Cuts (1/2 swizzle pumps) on a circle, both directions
- Forward outside edges on half circles (large C's), alternating feet on the short or long axis of the rink
- Forward inside edges on half circles (large C's), alternating feet on the short or long axis of the rink
- Backward C-Cuts (1/2 swizzle pumps) on a circle, both directions
- Backward snowplow stops: One foot and two feet V-stop
- One-foot moving snowplow stop (Right and Left), introduce 1/4 turn with hips to hockey stop

★ Bonus Skill: Forward stops and starts

Hockey 4



- Quick starts using forward V-Start
- Backward one-foot glide, right and left
- Forward Crossover glides (clockwise and counter-clockwise). Hold feet in crossed position for 2 counts
- Backward Crossover glides (clockwise and counter-clockwise). Hold feet in crossed position for 2 counts
- Forward Crossovers on circle, clockwise and counterclockwise (4-6 each)
- Backward crossovers on circle, clockwise and counterclockwise (4-6 each)
- Hockey Stops (stopping to the left and to the right, with speed)

★ Bonus Skill: Forward to backward Mohawk pivots (both directions, right and left) from powerful, full strides

Power Skating



- Powerful backward C-Cuts
- Forward Alternating Crossovers down the length of the ice, with wide step transitions (3 to left and 3 to right)
- Backward Alternating Crossovers down the length of the ice, with wide step transitions (3 to left and 3 to right)
- Forward power hockey turns / tight glide turns, 180 degrees and 360 degree turns
- Lateral pivots: forward to backward and backward to forward
- Fast stops and starts using powerful, full strides and quick hockey stops (right and left foot)
- Fast backward skating with quick backward V-stops (two-foot stops and one-foot stops, alternating feet)

Adult – Beginner to Advanced

The Adult curriculum is designed for both beginning and experienced adult skaters who wish to improve their skating skills. Participation in the program will help promote physical fitness and improve balance and coordination while teaching proper skating techniques. This is an exciting program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.

Divided into six levels from basic skating to more advanced skills, adult skaters will progress at an individual rate while being challenged and motivated. Based on prior skating experience, adults may choose to begin at the level that best matches their skill base.

Off-ice orientation:

- Equipment check: proper fit and lacing of skates, appropriate attire, safety concerns
- Practice falling and recovery, walking in place, knee bends and one-foot balances in skates

Adult 1



- Falling and recovery; on ice
- Forward marching
- Forward two-foot glide
- Forward swizzles (4-6 in a row)
- One forward swizzle/one backward swizzle (rocking horse)
- Dip
- Forward snowplow stop – two feet or one foot

Adult 4



- Forward outside edge on a circle, R and L
- Forward inside edge on a circle, R and L
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glides, R and L
- Backward half-swizzle pumps on a circle, clockwise and counterclockwise
- Hockey stop, both directions

Adult 2



- Forward skating across the width of the ice
- Forward one-foot glides, R and L
- Forward slalom
- Backward skating
- Backward swizzles (4-6 in a row)
- Two-foot turns in place

Adult 5



- Backward outside edge on circle, R and L
- Backward inside edge on a circle, R and L
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, R and L
- Forward swing rolls to a count of six
- Beginning two-foot spin

Adult 3



- Forward stroking using the blade properly (begin with repetitive one-foot pushes)
- Forward half-swizzle pumps on the circle; 6 to 8 in a row, clockwise and counterclockwise
- Moving forward to backward and backward to forward two-foot turn on a circle, clockwise and counterclockwise
- Backward skating into a long two-foot glide
- Forward chasses on a circle, clockwise and counterclockwise
- Backward snowplow stop, R and L

Adult 6



- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, R and L
- Forward outside to inside change of edge on a line, R and L
- T-stop, R or L
- Lunge
- Two-foot spin into one-foot spin

Upon completion of the Adult 1-6 curriculum, adult skaters should feel confidence with all fundamental skating skills and may choose to progress to more specialized areas of skating such as free skating, ice dancing, adult hockey leagues, or joining a synchronized skating team.