

SKATING LEVELS - WHICH CLASS SHOULD I ENROLL IN?

Pre-Star		Comments:	Skills:
	Specifically for ages 4 & 5 yrs	Lessons are geared as an introduction to the ice and ice skating. Skills in Pre Star are taught by incorporating them in games and interests of a pre-school and kindergarten level. Students who pass this group then go into 1-Star, where these skills are reinforced and mastered at a faster speed covering more ice.	Adjust to skates off ice Stand in place, bend knees March in place March & glide Fall down & get up properly 2 foot glide and dip Back wiggle Other skills as appropriate
1-Star			
	For ages 6 years and over or for a child who has passed Pre-Star	For those who have never skated before and for those who have skated but not had formal lessons. These skills are the basics of skating and are fundamental to all skills that follow. Therefore, it is important to learn them and be able to do them properly for safe and enjoyable skating. Those who have skated before will usually pick up these skills fairly quickly and anyone who is ready will be moved up to 2-Star.	March & Glide across rink Fall down & get up properly 2 foot glide and dip Back wiggle Forward swizzles One foot glides Intro to back swizzles Snowplow Scrape
2-Star			
	For anyone who has passed 1-Star or has passed Basic 1 in another skating program	2-Star actually begins the basics of forward & backward stroking, teaching proper push, edges, and body posture to achieve control, strength, and speed. Strong emphasis is also placed on proper stopping.	Continuous Forward swizzles across rink from a stand still. Snowplow stop using both feet, then right foot, then left foot. Sustained One foot glides- right & left foot. Back swizzles across rink Forward Alternating swizzles.
3-Star			
	For anyone who has passed 2-Star or Basic 2 in another skating program	This group uses all skills learned previously to progress with forward & backward stroking, enhancing speed, stability, edge quality, maneuverability, and control. It continues with forward pumps around the circle followed by outside & inside edges on the circle, which lead to crossovers in 4-Star. At this point skaters will be fully prepared to proceed with power skating, hockey, or figure skating after passing this level.	Forward stroking Forward pumps on circle both directions. Forward outside and inside edge 1 foot glides on the circle. Backward stroking T-push T-stop Hockey stop 2 foot turn forward to backward. Forward lunge left & right foot
4-Star & Up – Figure Skating, Hockey, Speed Skating			
	For anyone who has passed 3-Star or Basic 3.	These classes advance all previously learned skills, and continue to train the skater in advanced skills & techniques.	Forward crossovers, C cuts 3 Turns Back pumps on circle Basic Jumps & Spins Back crossovers Footwork