

# DESCRIPTION OF THE POND'S SKATING LESSON CLASSES

## Snowplow Sam 1 (Tots 4-6)

- 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 to 10 steps
- E. March, then glide on two feet
- F. Dip in place: bend knees

## Snowplow Sam 2 (Tots 4-6)

- A. March followed by a long glide
- B. Dip while moving
- C. Rocking horse: one fwd, one bkwd swizzle
- D. Fwd two-foot swizzles: 2-3 in a row
- E. Back wiggles: 6 in a row

## Snowplow Sam 3 (Tots 4-6)

- A. Forward skating: 8-10 steps
- B. Forward one-foot glide: R&L
- C. Forward two-foot swizzles: 4-6 in a row
- D. Backwards two-foot swizzles: 4-6 in a row
- E. Forward snowplow stop with skid
- F. Skate forward in slalom pattern

Note: **Tots are required to wear helmets with nametag and protective outerwear.** There is no charge for parents to join in the first lesson series with their child. Skate rental is \$2.00. **No hockey skates in the Snowplow Sam Levels Please.**

### BASIC 1

- A. Sit on the ice and stand up
- B. March forward across the ice
- C. Skate forward and glide on 2 feet
- D. Glide forward on 2 feet and dip
- E. Forward 2 foot swizzles: 6-8 in a row
- F. Backward wiggles: 6-8 in a row
- G. Snowplow stop
- H. Rocking horse, swizzle action: 2-3

### BASIC 2

- A. Fwd one foot glides - R&L
- B. Bkwd two-foot glides
- C. Bkwd Swizzles - 6-8 in a row
- D. 2 foot turn from fwd to bkwd in place
- E. Moving snowplow stop
- F. Fwd alternating 1/2 swizzle pumps, in a straight line (slalom like pattern)

### BASIC 3

- A. Fwd stroking, with correct use of blade
- B. Fwd pumps on a circle, 6-8 consecutive C & C CW
- C. Moving 2 foot turn from fwd to bkwd
- D. Bkwd 1 foot glides - R&L
- E. Fwd slalom
- F. Two foot spin - 2 revolutions

### BASIC 4

- A. Fwd OE on a circle - R&L
- B. Fwd IE on a circle - R&L
- C. Fwd crossovers C & C CW
- D. Fwd outside 3 turn - R&L from stand still
- E. Bkwd pumping on a circle C & C CW
- F. Bkwd stroking
- G. Bkwd snowplow stop - R&L

### BASIC 5

- A. BOE on a circle - R&L
- B. BIE on a circle - R&L
- C. Bkwd crossovers C & C CW
- D. Beginning 1 foot spin, up to 3 revs. Optional entry & free foot position
- E. Hockey stop
- F. Side toe hop - R&L

### BASIC 6

- A. FI 3 turn - R&L from stand still
- B. Moving bkwd to fwd 2 foot turn on a circle C & C CW
- C. T-stops, R or L
- D. Bunny Hop
- E. Fwd spiral in straight line - R or L
- F. Fwd lunge - R or L

### BASIC 7

- A. FI open Mohawk R to L & L to R
- B. BOE to FOE trans on a circle R & L
- C. Ballet jump R or L
- D. Bkwd crossovers to a BOE glide, (landing position) C & C CW
- E. Fwd inside pivots, R or L

### BASIC 8

- A. Moving FO 3 turn on circle - R & L
- B. Moving FI 3 turn on circle - R & L
- C. Comb. Move: 2 fwd crossovers into FI Mohawk, cross behind, step into bkwd crossover step to FIE
- D. 1foot spin opt entry & foot position
- E. Waltz jump
- F. Mazurka - R or L

### FREESTYLE 1

- A. advanced forward stroking
- B. Basic FO & FI consecutive edges 4 to 6
- C. Adv BO 3 turns C & C CW (R & L)
- D. Scratch spin from bkwd crossovers 3 rev
- E. Waltz jump from 2-3 bkwd crossovers
- F. Half flip

### FREESTYLE 2

- A. BO & BI consecutive edges 4 to 6
- B. FO & FI spirals, C & C CW (R & L)
- C. Cont. fwd progressive chasse sequence
- D. Waltz threes
- E. Beginning back spin (2 rev)
- F. Waltz, side toe hop, waltz sequence
- G. Toe loop

### FREESTYLE 3

- A. fwd & bkwd crossovers in fig 8 pattern
- B. Waltz eight
- C. Adv fwd consecutive swing rolls - 4 to 6
- D. BI 3 turn C & C CW
- E. Backspin w/ free leg crossed min 3 rev.
- F. Salchow
- G. Half lutz jump
- H. Waltz/toe combo or salchow/toe combo

### Freestyle 4

- A. Sprial sequence: FI spiral, FI Mohawk, BO spiral - C & C CW
- B. Fwd power 3 turns - R & L
- C. Cont. bkwd progressive chasse sequence on a circle C & C CW
- D. Sit spin min 3 rev
- E. Loop jump
- F. Waltz jump/Loop jump combination

### FREESTYLE 5

- A. BO 3 turn, mohawk into 3 bkwd crossovers - repeat 3X - C & C CW
- B. Spiral Sequence: FO spiral, FO 3 turn, 1 bkwd xover, BI spiral C&CCW
- C. FO slide chasse swing roll seq. 3-6 times alternating feet
- D. Camel spin - min 3 rev
- E. Fwd to back scratch min 3 rev / foot
- F. Flip jump
- G. Waltzjump/falling leaf/toeloop seq.
- H. Loop/Loop combination

### FREESTYLE 6

- A. Alt. Bkwd xovers to BO edges
- B. 5 step Mohawk seq - C & C CW
- C. Camel/Sit spin comb. Min 5 rev
- D. Split jump/stag jump
- E. Waltz jump/1/2 loop/ salchow
- F. Lutz jump
- G. Axel - walk thru, preparation, jump

### Adult 1

- A. Falling and recovery
- B. Fwd strides & glides
- C. Fwd swizzles
- D. Bkwd skating
- E. Bkwd swizzles
- F. Fwd 1 foot glides 1x height - R & L
- G. 2 foot turns in place
- H. Snowplow stops R or L
- I. Fwd curves on 2 feet
- J. Fwd pumping on a circle, 6-8 consecutive C & C CW
- K. Fwd chasses on circle both directions

### Adult 2

- A. Forward stroking
- B. Bkwd pumps on a circle - C & C CW
- C. Moving 2 foot turns on curve - C & C CW
- D. FO & FI edges on circle C & C CW
- E. Fwd crossovers - C & CW
- F. Bkwd 1 foot glide - R or L
- G. Bkwd snowplow stop - R or L:
- H. Fwd Pivot - one direction only

### Adult 3

- A. BO & BI edges - C & C CW
- B. Bkwd crossovers - C & C CW
- C. Inside Mohawk - R to L & L to R
- D. Basic FO & FI consecutive edges 4 to 6
- E. Fwd progressives, C & C CW
- F. Beginning two foot spin