

ANAHEIM ICE LEARN TO SKATE CLASSES



TOT CLASSES (3-5 years old)

TOT 1 (Prerequisite – None)

- Will learn proper way to fall down and get up, marching in place, and marching while moving

TOT 2 (Prerequisite – Tot 1)

- Will learn to do a 2-foot glide, moving dip, 2-foot jump, and standing swizzle

TOT 3 (Prerequisite – Tot 2)

- Will learn to do a forward swizzle, beginning stroke, preparation for snowplow stop, and backward wiggle

TOT 4 (Prerequisite – Tot 3)

- Will learn to do a beginning 1-foot glide, backward swizzle, T-position, and moving snowplow stop

YOUTH CLASSES (6-17 years old)

BEGINNER (Prerequisite – None)

- Will learn a 2-foot glide, forward swizzle, backward swizzle, backward wiggle, and scooter push

LEVEL 1 (Prerequisite – Beginner)

- Will learn a 1-foot glide, 1-foot snowplow stop, preparation for forward crossovers, and backward 2-foot glide

LEVEL 2 (Prerequisite – Level 1)

- Will learn a backward 1-foot glide, forward stroking, forward crossovers, and 2-foot turn

LEVEL 3 (Prerequisite – Level 2)

- Will learn a forward lunge, preparation for backward crossovers, forward pivot, bunny hop, T-stop, and backwards stroking

LEVEL 4 (Prerequisite – Level 3)

- Will learn a forward outside 3-turn, backward crossovers, Mohawk, and forward spiral

FREESTYLE 1 (Prerequisite – Level 4)

- Will learn a forward inside 3-turn, forward outside edges, waltz jump, half-flip jump, and 2-foot spin

FREESTYLE 2 (Prerequisite – Freestyle 1)

- Will learn a backward pivot, forward inside edges, half-toe walley jump, 1-foot spin, and half-lutz jump

FREESTYLE 3 (Prerequisite – Freestyle 2)

- Will learn a scratch spin, backward spiral, salchow jump, toe loop jump, and backward outside edges

FREESTYLE 4 (Prerequisite – Freestyle 3)

- Will learn a Salchow / toe loop combination jump, toe loop/toe loop combination jump, reverse spin, fast scratch spin, backward inside edges, and Chinese spiral

SPIN CLASS (Prerequisite – Freestyle 3 or equivalent)

- Skaters will learn a variety of spins including the basic spin positions (scratch, reverse, camel, sit), flying spins (flying camel, flying sit, death drop) and combination spins.

JUMP & SPIN 1 (Prerequisite – Freestyle 4)

- Will learn a half-loop jump, backward outside 3-turn, loop jump, attitude spin, and ISI freestyle 2 dance step

JUMP & SPIN 2 (Prerequisite – Jump & Spin 1)

- Will learn a backward inside 3-turn, flip jump, sit spin, scratch spin/back scratch spin, advanced loop jump, loop/loop combination jump, and ISI freestyle 3 dance step

JUMP & SPIN 3 (Prerequisite – Jump & Spin 2)

- Will learn a lutz jump, camel spin, camel/sit/scratch spin, back scratch spin, flip/toe loop combination jump, and waltz jump/toe loop/loop combination jump

BEGINNING AXEL (Prerequisite – Jump & Spin 2)

- Will learn basic techniques for achieving the axel including a bell jump, single air turn, and basic air positions. Class is limited to 6 skaters.

AXEL HARNES (Prerequisite – Jump & Spin 3)

- Will learn basic techniques for achieving the axel including a bell jump, single air turn, and basic air positions. Class is limited to 6 skaters and a safety harness will be utilized during class.

DOUBLE JUMP (Prerequisite – Must be able to land a clean axel jump)

- Will learn basic techniques for achieving the double salchow, double toe loop, and double loop jump. Class is limited to 6 skaters and a safety harness will be utilized during class.

HOCKEY CLASSES (6-17 years old)

HOCKEY 1 (Prerequisite – None)

- Will learn a 2-foot glide, forward swizzle, V-start, forward 1-foot pushes, and 2-foot snowplow stop. Sticks and pucks are not used during this class as this is a basic skating skills class.

HOCKEY 2 (Prerequisite – Hockey 1)

- Will learn forward crossovers, forward stride, crossover starts, 1-foot snowplow stop, and backward skating. Sticks and pucks are not used during this class as this is a skating skills class.

HOCKEY 3 (Prerequisite – Hockey 2)

- Will learn backward crossovers, 1-foot edge turning, pivot turns, and hockey stops. Sticks and pucks are not used during this class as this is a skating skills class.

ADULT CLASSES (18 years+)

ADULT BEGINNER (Prerequisite – None)

- Will learn a 2-foot glide, forward swizzle, backward swizzle, backward wiggle, scooter push, and basic stop.

ADULT INTERMEDIATE (Prerequisite – Adult Beginner)

- Will learn a 1-foot glide, 1-foot snowplow stop, backward 2-foot and 1-foot glide, forward stroking, 2-foot turn, and forward crossovers.

ADULT ADVANCED (Prerequisite – Adult Intermediate)

- Will learn a forward lunge, forward pivot, bunny hop, T-stop, backward stroking, backward crossovers, forward outside 3-turn, Mohawk, and forward spiral.

ADULT CLUB (Prerequisite – Adult Advanced or equivalent)

- This is an unstructured class in which skaters will be at varying levels. The instructor will divide his/her time amongst the skaters working on the individual needs of each skater.

ADULT HOCKEY SKATING SKILLS (Prerequisite – None)

- Will learn the basic skating skills necessary for hockey – forward skating, backward skating, stopping, and turning. Sticks and pucks are not used during this class as this is a skating skills class.

ADULT HOCKEY ADVANCED SKILLS (Prerequisite – Adult Hockey Skating Skills or equivalent)

- Will learn basic stick and puck handling skills including forehand and backhand shooting, puck control, and passing. Skater must provide their own stick.

MISCELLANEOUS CLASSES

PARENT & ME (Prerequisite – None)

- Class is designed to teach the child (2 years+) the proper way to fall down and get up, march in place, and march while moving. Parent will attend the class to encourage, support and interact with the skater in a fun and relaxed atmosphere.

HOME SCHOOL (Prerequisite – None)

- Class is designed for the Home Schooled student who is a beginning level skater with little or no skating experience. This is an unstructured class in which skaters may be at varying levels. The instructor will divide his/her time amongst the skaters working on the individual needs of each skater.

FOR MORE INFORMATION PLEASE CONTACT:

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