

ICELAND Skate School Class Descriptions

To register or for further information please call (516) 746-1100

<u>Class</u>	<u>Age</u>	<u>Requirement</u>	<u>Skills Taught</u>
Snowplow Sam 1	3 ½ -5	Beginners with no previous instruction	Correct falling & getting up, marching in place, march walking, march then glide & dip in place
Snowplow Sam 2	4-5	Snowplow Sam 1	March & glide, dip while moving, forward swizzles, backward wiggles, rocking horse, two foot hop in place
Snowplow Sam 3	4-5	Snowplow 2	Forward skating 8-10 steps, one foot glide, forward & backward swizzles, snowplow stops
Basic 1	6-12	Beginners with no previous instruction	Correct falling, march forward, two foot glide, dip, forward swizzles, backward wiggles, snow plow stop, rocking horse
Basic 2	6-12	Passed Basic 1	Forward one foot glides, backward two foot glides, backwards swizzles, two foot turn in place, moving snowplow stops, Forward alternating ½ swizzle pump
Basic 3	6-12	Passed Basic 2	Forward Stroking, forward pumps on circle, moving two foot turns, backward one foot glide, forward slalom, two foot spin
Basic 4	6-12	Passed Basic 3	Forward outside/inside edges on a circle, forward crossovers, forward outside 3 turn, backward pumps on circle, backward snowplow stop
Basic 5	6-12	Passed Basic 4	Backward edges on a circle, backward crossovers, one foot spin, hockey stop, side toe hop
Basic 6	6-12	Passed Basic 5	Forward inside three turns, backward to forward two foot turn, t-stops, bunny hops, forward lunge
Basic 7	6-12	Passed Basic 6	Forward Mohawks, back outside edge transition to forward outside edge, ballet jump, backward crossovers to landing position, forward inside pivots
Basic 8	6-12	Passed Basic 7	Forward outside & inside three turns on a circle, combination move, one foot spin, waltz jump, mazurka
Freestyle 1	N/A	Passed Basic 8	Advanced forward stroking, forward outside & inside edges, back outside three turns, scratch spin, waltz jump, half flip jump
Freestyle 2	N/A	Passed Freestyle 1	Back outside and inside edges, forward outside and inside spirals, forward chasse sequence, waltz threes, beginning back spin, waltz jump-toe hop waltz jump, toe loop
Freestyle 3	N/A	Passed Freestyle 2	Forward and Backward crossovers in figure eight, waltz eight, forward swing rolls, back inside three turns, back spin crossed with free leg, salchow, half lutz jump, waltz jump/toe loop

