


 **WELCOME** to the **TOT 1** Skating Class at the Franklin Park Ice Arena. During this session you will learn the following skills:

***Standing and Balancing in Place *Marching In Place**

***Proper Way to Fall *Proper Way to Get Up**

***Marching While Moving Across The Ice**

We will also play some games to help you gain confidence, balance and control. Towards the end of the session, your instructor will give you a PROGRESS REPORT, which will tell you which class to register for next session. If you want to pass, be sure to practice your skating at Public Sessions or Skating School Practices.


 **WELCOME** to the **TOT 2** Skating Class at the Franklin Park Ice Arena. During this session you will learn the following skills:

*** Marching While Moving * Two-foot Jump * Swizzle While Standing Still**

*** Swizzle While Moving * Beginning One-Foot Glide**

*** Two-Foot Glide * Side Step Stroking**

We will also play some games that incorporate the skills listed above. Towards the end of the session, your instructor will give you a PROGRESS REPORT, which will tell you which class to register for next session. If you want to pass, be sure to practice your skating at Public Sessions or Skating School Practices.


 **WELCOME** to the **TOT3** Skating Class at the Franklin Park Ice Arena. During this session you will learn the following skills:

*** Beginning Forward Stroke * Preparation for Snowplow Stop**

*** Tea Pot (Dip) * Forward Swizzle with 2-foot Glide * One Foot Glide**

*** Beginning Backward Swizzle * Backward Wiggle**

We will also play some games that incorporate the skills listed above. Towards the end of the session, your instructor will give you a PROGRESS REPORT, which will tell you which class to register for next session. If you want to pass, be sure to practice your skating at Public Sessions or Skating School Practices.

 **WELCOME** to the **TOT 4** Skating Class at the Franklin Park Ice Arena. During this session you will learn the following skills:

*** Forward Stroking * Backward Swizzle * One-Foot Snowplow Stop**

*** Beginning Crossovers: Right over Left and Left over Right**

We will also play some games that incorporate the skills listed above. Towards the end of the session, your instructor will give you a PROGRESS REPORT, which will tell you which class to register for next session. If you want to pass, be sure to practice your skating at Public Sessions or Skating School Practices. Tot 4 graduates can advance to Alpha 1.

 **Here's a list of the maneuvers you will learn in the BEGINNERS:**

<u>Two-foot Glide</u>	Take 3 steps, glide on 2 feet for a distance equal to skater's height.
<u>Beginning One-foot Glide R&L</u>	Perform on each foot. Take 3 steps, glide in a straight line on one foot. Good Balance.
<u>Marching</u>	Maintain good posture, alternate between right and left foot, march 40 feet in a straight line.
<u>Beginning Backward Wiggle</u>	Perform at least 6 zig-zag movements.
<u>Beginning Swizzle</u>	Must understand maneuver and be able to perform a few consecutive swizzles both forward and backward.

To master the skills at this level, a skater needs to augment the weekly class with practice. Skaters can work on the required maneuvers at Skating School Practices or at "Let's Skate" public sessions. Since our classes are progressive, the skater needs to master all skills before advancing to the next level. Sometimes a student needs to repeat a level before advancing to the next class.

 **Here's a list of the maneuvers you will learn in PRE ALPHA:**

<u>Two-foot Glide</u>	*Take 3 steps, glide on two feet in a straight line for a distance equal to skater's height *Maintain good balance and good posture
<u>One-foot Glide R&L</u>	*Must perform on each foot *Take 3 steps, glide in a straight line on one foot for distance equal to skater's height *Maintain good balance and good posture
<u>Forward Swizzle</u>	*Perform a minimum of 6 consecutive swizzles *Maintain good posture
<u>Backward Wiggle</u>	*Zigzag movements must be performed for a distance equal to skater's height
<u>Backward Swizzle</u>	*Perform a minimum of 6 consecutive swizzles *Maintain good posture
<u>Posture</u>	*Back must be straight from hips to head
<u>Additional Maneuvers</u>	*Beginning Snowplow Stop, Stroking, and Pumps

To master the skills at this level, a skater needs to augment the weekly class with practice. Skaters can work on the required maneuvers at Skating School Practices or at "Let's Skate" public sessions. Since our classes are progressive, the skater needs to master all skills before advancing to the next level. Sometimes a student needs to repeat a level before advancing to the next class.

 **Here's a list of the maneuvers you will learn in ALPHA I:**

<u>Beginning Forward Stroking</u>	*Good balance and posture maintained *Each stroke should be equal in distance to the skater's height *Alternating strokes should be taken without interruption *Begin extension of free leg *Begin to push with edges
<u>Beginning Forward Crossovers</u>	*Must have at least 3 good crossovers in both directions to advance to Alpha 2 *Outer shoulder and arm held forward; inner shoulder and arm held back *Good balance and good posture *Step over completely *Begin to work on pushes with edges, not just step-overs
<u>Beginning Snowplow Stop</u>	*Stop in a straight line *Begin to use edge of stopping foot *Practice holding final position
<u>Backward Swizzle</u>	*Perform a minimum of 6 consecutive swizzles *Maintain good posture
<u>Posture</u>	*Back must be straight from hips to head *Knee of skating leg must be slightly bent when bearing weight of body *Free leg should be extended
<u>Additional Maneuvers</u>	*Back half-swizzles on a line and Beginning backward pumps

To master the skills at this level, a skater needs to augment the weekly class with practice. Skaters can work on the required maneuvers at Skating School Practices or at "Let's Skate" public sessions. Since our classes are progressive, the skater needs to meet all requirements of this level before advancing to the next. Sometimes a student needs to repeat a level before advancing to the next class.



Here's a list of the maneuvers you will learn in ALPHA 2:

<u>Forward Stroking</u>	*Each stroke must be equal in distance to skater's height *Minimum of 6 consecutive alternating strokes must be taken without interruption *Full extension of free leg *Push with inside edge, without use of toe pick
<u>Forward Crossovers</u>	*Minimum of 6 complete crossovers in both directions without interruption to advance to Beta 1 *Outer shoulder and arm held forward; inner shoulder and arm held back *Push with inside edge of crossing foot, back outside of opposite foot. *Must be pushes-not step overs.
<u>Snowplow Stop</u>	*Come to a complete stop using inside edge. *Stop in a straight line and hold final stationary position for count of 3.
<u>Backward Swizzle Posture</u>	*Perform a minimum of 6 consecutive smooth swizzles *Maintain good posture *Back must be straight from hips to head *Knee of skating leg must be slightly bent when bearing weight of body *Free leg should be extended
<u>Additional Maneuvers</u>	* Back half-swizzles on a line and Beginning backward pumps

To master the skills at this level, a skater needs to augment the weekly class with practice. Skaters can work on the required maneuvers at Skating School Practices or at "Let's Skate" public sessions. Since our classes are progressive, the skater needs to meet all requirements of this level before advancing to the next. Sometimes a student needs to repeat a level before advancing to the next class.



Here's a list of the maneuvers you will learn in BETA 1:

<u>Beginning Backward Stroking</u>	*Good balance maintained *Hold each stroke for count of 2 *Begin to push with edges *Begin to carry free foot in front, over tracings
<u>Beginning Backward Crossovers</u>	*Must have at least 3 good crossovers in both directions to advance to Beta 2 *Outer shoulder and arm held forward; inner shoulder and arm held back *Good balance and good posture *Perform complete cross *Begin to work on pushes with edges, not step-overs
<u>Beginning T-Stops</u>	*Should have a good stop on, at least, one foot to advance to Beta 2 *Stop in a straight line *Maintain good balance
<u>Posture</u>	*Back must be straight from hips to head *Knee of skating leg must be slightly bent when bearing weight of body *Free leg should be extended
<u>Additional Maneuvers</u>	*Power Back Swizzles, 2-foot turns/forward, and Beginning 2-foot back turns

To master the skills at this level, a skater needs to augment the weekly class with practice. Skaters can work on the required maneuvers at Skating School Practices or at "Let's Skate" public sessions. Since our classes are progressive, the skater needs to meet all requirements of this level before advancing to the next. Sometimes a student needs to repeat a level before advancing to the next class.



Here's a list of the maneuvers you will learn in BETA 2:

<u>Backward Stroking</u>	*Must perform a minimum of 6 alternating strokes without interruption *Each stroke held for count of 2 *Push with edges *Free foot carried in front, over tracings
<u>Backward Crossovers</u>	*Minimum of 6 complete good crossovers without interruption in both direction to advance to Gamma *Outer shoulder and arm held forward; inner shoulder and arm held back * Must be pushes, not step overs-equal to skater's height *Push with inside edge of crossing foot, back outside of opposite foot.
<u>T-Stops</u>	*No skidding *Good stops on both feet *Use outside edge *Complete stop made in good balance and in a straight line; don't drag free foot on inside edge.
<u>Posture</u>	*Back must be straight from hips to head *Knee of skating leg must be slightly bent when bearing weight of body *Free leg should be extended

To master the skills at this level, a skater needs to augment the weekly class with practice. Skaters can work on the required maneuvers at Skating School Practices or at "Let's Skate" public sessions. Since our classes are progressive, the skater needs to meet all requirements of this level before advancing to the next. Sometimes a student needs to repeat a level before advancing to the next class.



Here's a list of the maneuvers you will learn in **GAMMA**:

Gamma is an extremely important class, which teaches you how to change your direction of skating (from forward to backward). The skills you learn in Gamma are the preliminary steps for jumps that you can learn in the freestyle classes; these skills can also enhance a hockey player's agility.

Forward Outside Three Turns (right & left)

This is a turn made on one foot. In a 5-step sequence, you perform a turn (on one foot) from the forward outside edge of your blade to your backward inside edge. Must be able to stroke into and out of the sequence.

Forward Inside Mohawk Combinations (right & left)

This is a turn made by changing feet. This 7-step sequence has you move from a forward inside edge of one foot to a backward inside edge of the other. Must be able to stroke into and out of the sequence.

Hockey Stop

This is a stop using both feet, kept parallel to each other.

Since these are difficult skills to master, students need to practice on their own to pass. It is not uncommon for students to repeat this level before advancing to Delta. Good Luck!



Here's a list of the maneuvers you will learn in **DELTA**:

The Delta class teaches **3-Turns** which will enable you to perform jumps in future Freestyle classes. To pass these edging maneuvers in Delta, you will need to perfect your control and balance. Extra practice during the week is mandatory.

Right Forward Inside Three Turn (one-foot turn) The turn is performed from a right forward inside edge to the backward outside edge and the total length of the stroke must be twice the skater's height.

Left Forward Inside Three Turn (one-foot turn) The turn is performed from left forward inside edge to the backward outside edge and the total length of the stroke must be twice the skater's height.

Forward Outside Edges A series of four outside edge semi circles consisting of right outside edge then left outside edge and repeating the process. The edges must be at least equal to the skater's height, but no more than three times his/her height. No "toe-pick" pushes.

Forward Inside Edges A series of four inside edge semi circles consisting of right inside edge then left inside edge and repeating the process. The edges must be at least equal to the skater's height, but no more than three times his/her height. No "toe-pick" pushes.

Bunny Hop Skater glides on one foot, then follows the free foot through leaping forward taking off the toe pick and landing on the toe rack of the foot following through and then one foot glide on the takeoff foot.

Shoot-the Duck While balancing on one leg, the free leg is extended in front - in a dip position.

Lunge Skater lifts and extend the free leg to the back with the free foot turned out and the toe pointed. Skater places boot on ice while gliding for a distance equal to 4 times his/her height. Arms extended. Free leg must be lifted off the ice not dragged.



Here's a list of the maneuvers you will learn in **Freestyle 1**:

Forward Inside Pivot *Skater must rotate around planted toe pick on inside edge for one and one half rotations.

Two-foot Spin *Skater must spin a minimum of 6 revolutions without traveling.

Forward Arabesque / Spiral *Spiral should be held on either edge or flat for a distance 4 times the skater's height.

Backward Edges: *A series of 4 semi circles alternating sides with a diameter equal to the skater's height. Outside and Inside.

One-half Flip *The take-off must be from the backward inside edge of one foot and the toe of the other and then jumping back to the take-off foot. Skater must land forward, on a forward inside edge.

Waltz Jump *Initiate jump from forward outside edge, make one-half rotation in direction of takeoff foot. Land on a backward outside edge of the other foot.

Note: By this level, you are probably an individual member of the Ice Skating Institute (ISI) and may be interested in competing. Retrieve pertinent information from the lobby "competition" bulletin board. We do not conduct ISI testing during group freestyle lessons. If you are interested in pursuing the national testing, contact a private instructor. Also, it's time to consider taking specialty classes.



Here's a list of the maneuvers you will learn in **Freestyle 2:**

BALLET JUMP	*Takeoff must be performed while gliding on an outside edge backward using the extended free leg, pick and hop and then land on a forward inside edge. Free leg must kick behind and extend.
ONE-HALF TOE WALLEY	*Takeoff from backward inside edge using the extended free leg, pick and hop and then land on a forward inside edge.
ONE-HALF LUTZ	*Takeoff from back outside edge. Skater must land forward on the toe opposite the one used for takeoff and land on a forward inside edge.
ONE-FOOT SPIN	*Skater must spin for a minimum of 6 revolutions on one foot without traveling.
TWO FORWARD SPIRALS	*Two different edges must be performed. Both held for a distance equal to 4 times the skater's height. Also called ARABESQUES.
DANCE STEP SEQUENCE	*Mandatory pattern.

How many days per week are you practicing? You should be skating more than once per week. "Open Freestyle" paid practice sessions are for you.



Here's a list of the maneuvers you will learn in **Freestyle 3:**

BACKWARD OUTSIDE/INSIDE PIVOT	*Toe pick remains stationary while other foot progresses around it on either edge for 1 ½ rotations without pushing.
SALCHOW JUMP	*Takeoff is from a backward inside edge of one foot. Landing is on a back outside edge of the other foot.
CHANGE-FOOT SPIN	*Skater must spin a minimum of (3) three revolutions on one foot changing to opposite foot for another (3) three revolutions switching to original foot for (3) three more revolutions. No traveling.
BACKWARD ARABESQUE / SPIRAL	*Glide must be for a distance equal to 4 times the skater's height.
TOE LOOP/TOE WALLEY JUMP	*Loop: Takeoff from a back outside edge. Walley: Takeoff from a back inside edge.
DANCE STEP SEQUENCE	*Mandatory pattern.

By this level, you should be taking specialty classes and attending Open Freestyle paid practices on a regular basis.



Here's a list of the maneuvers you will learn in **Freestyle 4:**

FLIP JUMP	*Takeoff is from a backward inside edge. Landing is backward on toe pick of picking foot onto a back outside edge of same foot. No 'flat footed' landing accepted.
LOOP JUMP	*Takeoff from backward outside edge. Landing is backward on toe pick of takeoff foot to a back outside edge. No 'flat footed' landing accepted.
ONE HALF LOOP JUMP	*Takeoff from backward outside edge. Landing is backward on toe pick of back inside edge of opposite takeoff foot. No 'flat footed landing accepted.
TWO BACKWARD SPIRALS	*Perform one on each foot on either edge for a distance four times the skater's height. Also called ARABESQUES.
SIT SPIN	*Spin must be performed for a minimum of 6 revolutions on one foot. For at least four revolutions, the skating hip must be no higher than the skater's knee.
DANCE SEQUENCE & TURNS	*Mandatory pattern. * Back Outside/Inside three turns.

By this level, you should be taking specialty classes and attending Freestyle paid practices on a regular basis.



Here's a list of the maneuvers you will learn in **Freestyle 5**:

- LUTZ JUMP** *Takeoff must be from a back outside edge. Skater lands backward on toe pick of the same toe pick used for takeoff to a back outside edge. No 'flat footed' landings accepted.
- AXEL JUMP** *Takeoff from forward edge - one and one half times around in the air-landing backward on toe pick to opposite takeoff foot to an outside edge. No 'flat footed' landings accepted.
- CAMEL SPIN** *The skater must spin a minimum of 6 revolutions. At least 4 of them in a camel position. No traveling
- CAMEL-SIT-UPRIGHT SPIN** *Skater must spin a minimum of 3 revolutions in camel position, switching to sit position for a minimum of 3 revolutions switching to upright position for 3 revolutions.
- FAST BACK SCRATCH SPIN** *Entrance from forward Inside edge to back outside edge. The skater must spin fast for a minimum of 9 revolutions in a backward outside direction.
- CHOCTAWS & BRACKETS;
DANCE STEP SEQUENCE** *Mandatory pattern. *Choctaws & Brackets.

By this level, you should be taking specialty classes and attending Freestyle paid practices on a regular basis.



Here's a list of the maneuvers you will learn in **Freestyle 6**:

- SPLIT JUMP** *Takeoff is from a back inside or outside edge of one foot and the toe of the other foot. The jump must be a one-half rotation in the air in the direction opposite the jumping toe. While in the air, the landing foot must be extended forward and the opposite foot extends so that the angle created by the two legs is at least more than 90 degrees from the ice. Landing is forward of the toe opposite the takeoff.
- SPLIT FALLING LEAF** *Glide backward on an outside edge of one foot with the opposite foot extended either in front or in back of the skating foot, the skater jumps in the direction of the curve of the takeoff edge making a one-half rotation in the air. The legs are 90 degrees from the ice. Landing is forward of the foot opposite the takeoff foot.
- JUMP COMBINATION** *Axel, One-Half Loop, Flip – These jumps must be perform in this order.
- DOUBLE SALCHOW JUMP** *Takeoff is from a backward inside edge of one foot. Two rotations must be made in the air in the direction of the curve of the takeoff edge. Landing is made on the backward outside edge of the other foot.
- CROSS-FOOT SPIN, LAY BACK SPIN, SIT-CHANGE-SIT SPIN (CHOICE OF ONE)** *Cross-foot and Layback spins must have a minimum of 6 revolutions. Sit Change Sit Spin must have a minimum of 3 revolutions on each foot for a total of 9 revolutions.
- SPIN COMBINATION** *Must change foot and position. Must have a minimum of 3 revolutions each foot.
- DANCE SEQUENCE** *Mandatory patterns. Turns.

By this level, you should be taking specialty classes and attending Freestyle paid practices on a regular basis.