

The Adult curriculum is designed for both beginning and experienced adult skaters who wish to improve their skating skills. Participation in the program will help promote physical fitness and improve balance and coordination while teaching proper skating techniques. This is an exciting program for people who look to skating as an enjoyable part of a fit and healthy lifestyle. Divided into six levels from basic skating to more advanced skills, adult skaters will progress at an individual rate while being challenged and motivated. Based on prior skating experience, adults may choose to begin at the level that best matches their skill base. After completing the Adult 6 level, skaters may progress to our Adult Free Skate Classes. These classes are taught the same elements as are listed in the general Free Skate class descriptions.

ADULT 1

- A Falling and recovery on ice
- B Forward marching
- C Forward two-foot glide
- D Forward swizzles (4-6 in a row)
- E One forward swizzle/one backward swizzle (rocking horse)
- F Dip G Forward snowplow stop (one or two feet)

ADULT 2

- A Forward skating across the width of the ice
- B Forward one-foot glides (R and L)
- C Forward slalom
- D Backward wiggles
- E Backward swizzles (4-6 in a row)
- F Two-foot turns in place

ADULT 3

- A Forward stroking with proper blade use (begin with repetitive one-foot pushes)
- B Forward half-swizzle pumps on the circle, clockwise and counterclockwise (6-8 in a row)
- C Moving forward to backward and backward to forward two-foot turn on a circle, clockwise and counterclockwise
- D Backward skating into a long two-foot glide
- E Forward chasses on a circle, clockwise and counterclockwise
- F Backward snowplow stop (R and L)

ADULT 4

- A Forward outside edge on a circle (R and L)
- B Forward inside edge on a circle (R and L)
- C Forward crossovers, clockwise and counterclockwise
- D Backward one-foot glides (R and L)
- E Backward half-swizzle pumps on a circle, clockwise and counterclockwise
- F Hockey stop, both directions

ADULT 5

- A Backward outside edge on circle (R and L)
- B Backward inside edge on a circle (R and L)
- C Backward crossovers, clockwise and counterclockwise
- D Forward outside three-turn (R and L)
- E Forward swing rolls to a count of six
- F Beginning two-foot spin

ADULT 6

- A Forward stroking with crossover end patterns
- B Backward stroking with crossover end patterns
- C Forward inside three-turn (R and L)
- D Beginning power pull (R and L)
- E T-stop (R or L)
- F Lunge
- G Two-foot spin into one-foot spin (USp)