

CLASS	AGE	REQUIREMENTS	SKILLS TAUGHT	Times Offered
Mommy and Me	2 to 5		This class is for first timers and Mom or Dad. The instructor will introduce you and your child to the fun sport of Ice skating. Instructors emphasize the proper way to fall and get up, marching while standing and then moving, balance and control. Children should wear gloves and dress warm. Helmets are also recommended.	Wednesdays 11:00 AM-11:30 AM Saturdays 11:30 AM-12:00 PM
Ice Babies Parents may skate w/ Tot	2 to 4		Introduce your child to the fun sport of ice skating in the right way. Instructors emphasize the proper way to fall and get up, marching while standing and then moving, balance and control. Children should wear gloves and warm clothing.	Wednesdays 11:00 AM-11:30 AM Saturdays 11:30 AM-12:00 PM
Best Friends	2 to 5		This class is designed for the 2-5 year old skater that will not skate by themselves. A parent or older relative may join the class with the student. The goal for this class is to get the child to gain confidence on the ice and skate alone.	Wednesdays 11:00 AM-11:30 AM Saturdays 11:30 AM-12:00 PM
Tot 1	4 to 5		This class is for skaters who have never been on ice skates before or for those who have not had formal lessons. Children will be taught how to get up, marching, dips and forward skating.	Tuesday 4:30 PM-5:00PM Saturday 11:30AM-12:00 PM
Tot 2	3 to 5	Passed Ice Tots	This class is for skaters who have completed Tot 1. They will learn forward skating, backward swizzles and wiggles.	Tuesday 4:30 PM-5:00PM Saturday 11:30AM-12:00 PM
Pre-Alpha	6+	Little to no skating experience	These classes are for skaters who have never been on ice skates before or for those who have not had formal lessons. Students will learn basic forward and backward skating, swizzles, backwards wiggles and snowplow stops.	Monday 4:00 PM-4:30 PM Tuesday 4:30 PM-5:00 PM Tuesday 7:30 PM-8:00 PM Friday 4:00 PM-4:30 PM Saturday 11:30AM-12:00 PM
Alpha/Beta	6+	Passed Pre-Alpha	Controlled forward stroking, forward crossovers, one foot snowplow stops, backwards crossovers and left and right T-stops are required to pass to the next level.	Monday 4:30 PM-5:00 PM Tuesday 4:30 PM-5:00 PM Tuesday 7:30 PM-8:00 PM Friday 4:00 PM-4:30 PM Saturday 11:30AM-12:00 PM
Gamma/Delta	6+	Passed Alpha/Beta	Only students who have passed the Alpha/Beta level or have the equivalent skating ability may enroll in this class. Forward outside and inside three turns, mohawks, hockey stops, forward edges, lunges, shoot-the-ducks and bunny hops are maneuvers required to pass to the next level.	Tuesday 4:30 PM-5:00PM Saturday 11:30AM-12:00 PM
Freestyle 1-4	6+	Passed Gamma/Delta	There are ten freestyle levels in the Ice Skating Institute program with varying degrees of difficulty in each level. Various jumps, spins, footwork and artistic maneuvers are taught in this class.	Tuesday 4:30 PM-5:00PM Saturday 11:30AM-12:00 PM
Power Skating	7+	Passed Gamma/Delta	This class will enhance your core stability, extension speed, posture, power and endurance which is so important for all venues of ice skating. Skater must have passed Gamma level.	Tuesday 4:00pm - 4:30pm
Synchronized Skating			Grab your friends and join the fun! Synchronized skating is the fastest growing part of figure skating with the grace of ballet, the elegance of ice dancing and the beauty of pair skating all combined into an amazing group performance on ice.	Advanced Youth Thursday 4:00 PM-4:45 PM USFS Teen Thursday 4:00 PM-4:45 PM JR & Advanced SR Youth Friday 4:00 PM-4:45 PM
Adult 1	18+		This class is designed for the skater who has never skated or who has no formal ice skating instruction. You will learn basic forward and backward skating, snowplow stops, swizzles, backward wiggles and forward crossovers.	Tuesday 8:00pm - 8:30pm Saturday's 11:30am - 12:00pm
Adult 2	18+	Adult 1	This class is designed for the skater who has never skated or who has no formal ice skating instruction. You will learn basic forward and backward skating, snowplow stops, swizzles, backward wiggles and forward crossovers.	Tuesday 8:00pm - 8:30p Saturday's 11:30am - 12:00pm
USFS Theater on Ice Team		Must Audition	Iceplex "Theater on Ice" is a fun and energetic class where skaters will learn and perform a choreographed program that is theatrical in nature. Must go through try out process to join.	Monday 3:45 PM-4:30 PM
Pacific Edge Production	7+	Must Audition	The Production team is a fun, competitive group of up to 32 skaters that perform a choreographed program that is theatrical in nature with exciting costumes, sets and fun props. Costumes are low in price and are additional.	
A Tribute to Pixar on Ice			These classes are for all skaters involved in our upcoming Summer Show. All ages and abilities welcome!!! Pick up your show packet for more information. Don't miss out on the fun!! (Beginning in April 2018)	Call Skating School Office for information

Hockey Tots	4 to 5		This class is for skaters who have not skated before. Same curriculum as hockey 1.	Tuesday 4:30 PM-5:00PM Saturday 11:30AM-12:00 PM
Hockey 1 (Skating Basics)			This class is for skaters who have not skated before. Forward strides, crossovers, one foot glides, swizzles and backward skating will be learned.	Tuesday 4:30 PM-5:00PM Saturday 11:30AM-12:00 PM
Hockey 2 (Advanced Skating Basics)		Hockey 1	Students must have passed Hockey 1 or have comparable skating skills. Controlled forward and backward skating and crossovers, hockey stops and proper edge work will be introduced.	Tuesday 4:30 PM-5:00PM Saturday 11:30AM-12:00 PM