

# SOUTH JORDAN PARKS & RECREATION

## Learn-to-Skate Program



This program is an introduction to the beginning level ice skating skills and is designed to be FUN, challenging & rewarding. Participation in the Learn-to-Skate program will enable beginning skaters of all ages & abilities to learn the fundamentals of the sport.

### Group Lessons

Each session will be comprised of three (3) or four (4) 25 minute group lessons with 5 minutes of free time following the lesson time. Class sizes are limited to provide the best possible learning environment. There are NO make-up lessons for missed classes. Skaters will receive a skills evaluation on the last day of class.

Ski/snowboard or bike helmets are highly recommended for Tots & beginning level skaters.

### Skills to be Taught

**Tots (ages 3-5):** For the beginner who has little or no skating experience with an emphasis on balance and self-confidence. Skaters will learn to sit down & stand back up on the ice, marching in place, forward marching, dip and forward 2-foot glide.

**Skate One:** For those who have never skated before or have very little experience on the ice. Skaters will learn to sit down & stand back up on the ice, forward marching, forward 2-foot glides, dip, rocking horse, forward fish, backward wiggles and snowplow stop.

**Skate Two:** For the skater who has passed the Skate One level. Skills include forward 1-foot glides, backward 2-foot glide, 2-foot turn in place, backward fish, forward alternating ½ fish (pumps); in a straight line, scooter push, 2-foot hop and moving snowplow stop.

**Skate Three:** For the skater who has passed Skate Two level. Skills include forward stroking, backward 1-foot glides, forward pumps on a circle, moving forward to backward 2-foot turn, forward glide turns, forward slalom, 2-foot spin, lateral marching crossovers and forward to backward fish ladder combination.

### Schedule

If a class fills up, additional classes may become available. Classes with less than 3 skaters are subject to change or cancellation. Rates include class instruction, as well as skate rental. There is a maximum of eight (8) skaters per class.

Tot classes are limited to a maximum of five (5) skaters.

<u>Session #1</u>	<u>Monday</u>	<u>December 5, 12 &amp; 19</u>	<u>\$21.00</u>
	4:00 p.m. – 4:25 p.m.	Skate One (6 & under)	Angie Fishler
	4:30 p.m. – 4:55 p.m.	Skate One (7 & older)	Angie Fishler
	<u>Saturday</u>	<u>December 3, 10 &amp; 17</u>	<u>\$21.00</u>
	9:00 a.m. – 9:25 a.m.	Skate Two (6-8 yrs)	Angie Fishler
		Skate Two (9 & older)	

**Session #1 (continued)**

<u>Saturday</u>	<u>December 3, 10, &amp; 17</u>	<u>\$21.00</u>
9:30 a.m. – 9:55 a.m.	Skate One (6-8 yrs)	
	Skate One (9 & older)	Angie Fishler
10:00 a.m. – 10:25 a.m.	Skate One (6-8 yrs)	
	Skate One (9 & older)	Angie Fishler
10:30 a.m. – 10:55 a.m.	Tots (3-5 yrs)	Angie Fishler
	Tots (3-5 yrs)	

**Session #2**

<u>Monday</u>	<u>January 2, 9, 16 &amp; 23</u>	<u>\$28.00</u>
4:00 p.m. – 4:25 p.m.	Skate One (6 & under)	Angie Fishler
4:30 p.m. – 4:55 p.m.	Skate One (7 & older)	Angie Fishler
<u>Saturday</u>	<u>January 7, 14, 21 &amp; 28</u>	<u>\$28.00</u>
9:00 a.m. – 9:25 a.m.	Skate Two (6-8 yrs)	Angie Fishler
	Skate Two (9 & older)	
9:30 a.m. – 9:55 a.m.	Skate One (6-8 yrs)	
	Skate One (9 & older)	Angie Fishler
10:00 a.m. – 10:25 a.m.	Skate One (6-8 yrs)	
	Skate One (9 & older)	Angie Fishler
10:30 a.m. – 10:55 a.m.	Tots (3-5 yrs)	Angie Fishler
	Tots (3-5 yrs)	

**Session #3**

<u>Monday</u>	<u>Jan 30, Feb 6 &amp; 13</u>	<u>\$21.00</u>
4:00 p.m. – 4:25 p.m.	Skate One	Angie Fishler
4:30 p.m. – 4:55 p.m.	Skate Two	Angie Fishler
<u>Saturday</u>	<u>February 4, 11 &amp; 18</u>	<u>\$21.00</u>
9:00 a.m. – 9:25 a.m.	Skate Three	Angie Fishler
	Skate Two	
9:30 a.m. – 9:55 a.m.	Skate One (6-8 yrs)	
	Skate One (9 & older)	Angie Fishler
10:00 a.m. – 10:25 a.m.	Skate One (6-8 yrs)	
	Skate One (9 & older)	Angie Fishler
10:30 a.m. – 10:55 a.m.	Tots (3-5 yrs)	Angie Fishler
	Tots (3-5 yrs)	

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### Tots

- Pass
  - Needs Improvement
- Accomplished**

Sit down & stand back up off the ice	
Sit down & stand back up on the ice	
Marching in place	
Forward marching (8-10 steps)	
Forward 2-foot glide	
Dip in place	

### Skate One

- Pass
  - Needs Improvement
- Accomplished**

Sit down & stand back up on the ice	
Forward marching across the ice	
Forward 2-foot glide	
Forward dip	
Forward fish (6-8 in a row)	
Backward wiggle across the ice	
Snowplow stop	
Rocking horse (1-2 in a row)	

### Skate Two

- Pass
  - Needs Improvement
- Accomplished**

Forward 1-foot glides, R & L	
Backward 2-foot glide	
Backward fish (6-8 in a row)	
2-foot turn in place	
Moving snowplow stop (one foot or both)	
Forward alternating ½ fish (pumps), in a straight line	
Scooter pushes	
2-foot hop	

### Skate Three

- Pass
  - Needs Improvement
- Accomplished**

Forward stroking showing correct use of blade	
Forward pumps on a circle (6-8), clockwise & counter clockwise	
Moving forward to backward 2-foot turn, both directions	
Backward 1-foot glides, R & L	
Forward slalom	
Forward glide turns, clockwise & counter clockwise	
Forward to backward fish ladder combination	
Lateral marching crossovers, both directions	
2-foot spin	



**SKILLS EVALUATION**

**Name:** \_\_\_\_\_

**Instructor:** \_\_\_\_\_

**Level Enrolled:** \_\_\_\_\_

**Next Session Enroll In:** \_\_\_\_\_

**Comments:** \_\_\_\_\_

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