



Class Curriculum Information

Tot Classes (3-5 years)

Snowplow Sam 1 (Prerequisite – None)

1. Sit and stand up with skates on – off-ice
2. Sit and stand up – on-ice
3. March in place
4. March forward, then glide on two feet (3 seconds)
5. Dip in place

Snowplow Sam 2 (Prerequisite – Snowplow Sam 1)

1. Dip while moving (3 seconds)
2. Backward Wiggles
3. Forward Swizzles (3 in a row)
4. Beginning snowplow stop, in place (right and left)
5. Two-foot hop, in place

Snowplow Sam 3 (Prerequisite – Snowplow Sam 2)

1. Forward one-foot glides (right and left, 2 seconds)
2. Forward Swizzles (6 in a row)
3. Backward Swizzles (3 in a row)
4. Curves
5. Moving forward snowplow stop (2 feet)

Parent & Me (Prerequisite – None)

1. Sit and stand up – on-ice
2. March forward, then glide on two feet (3 seconds)
3. Dip while moving (2 seconds)
4. Backward Wiggles
5. Forward Swizzles (3 in a row)
6. Beginning snowplow stop, in place (right and left)

Youth Classes (6-15 years)

Basic 1 (Prerequisite – None)

1. Sit and stand up – on-ice
2. March forward, then glide on two feet (3 seconds)
3. Dip while moving (2 seconds)
4. Forward Swizzles (6 in a row)
5. Backward Wiggles
6. Beginning snowplow stop, in place (right and left)

Basic 2 (Prerequisite – Basic 1 or Snowplow Sam 3)

1. Scooter pushes (right and left)
2. Forward one-foot glides (right and left, 2 seconds)
3. Rocking horse
4. Backward Swizzles (6 in a row)
5. Two foot turns in place (both directions)
6. Moving forward snowplow stop (right and left)

Basic 3 (Prerequisite – Basic 2)

1. Beginning forward stroking
2. Forward half Swizzle pumps on a circle (clockwise and counterclockwise, 6 in a row)
3. Moving forward to backward two-foot turns on a circle (clockwise and counterclockwise)
4. Moving backward snowplow stop (right and left)
5. Forward pivots (clockwise and counterclockwise)

Basic 4 (Prerequisite – Basic 3)

1. Forward outside edge on a circle from pumps (right and left, 3 seconds)
2. Forward inside edge on a circle from pumps (right and left, 3 seconds)
3. Forward crossovers (clockwise and counterclockwise)
4. Backward half Swizzle pumps on a circle (clockwise and counterclockwise)
5. Backward one-foot glides (right and left, 2 seconds)

Basic 5 (Prerequisite – Basic 4)

1. Backward outside edge on a circle from pumps (right and left, 3 seconds)
2. Backward crossovers (clockwise and counterclockwise)
3. Forward outside three-turn (right and left, 2 seconds before and after the turn)
4. Two-foot upright spin from pivot (3 revolutions)
5. Side toe hop (right and left)

Basic 6 (Prerequisite – Basic 5)

1. Forward inside three-turn (right and left, 2 seconds before and after the turn)
2. Moving backward to forward two-foot turns on a circle (clockwise and counterclockwise)
3. One-foot upright spin from pivot (3 revolutions)
4. Bunny hop (right and left)
5. Forward spiral on a straight line (right and left, free leg knee above the hip, 2 seconds)

Pre-Free Skate (Prerequisite – Basic 6)

1. Forward inside open Mohawk from a standstill (right to left and left to right)
2. Backward crossovers to a backward outside edge landing position (clockwise and counterclockwise)
3. One-foot upright spin from standstill push and forward outside three-turn (3 revolutions)
4. Mazurka (moving with speed, outside edge must pass the toe)
5. Waltz jump (moving with speed)

Free Skate 1 (Prerequisite – Pre-Free Skate)

1. Backward outside three-turns (right and left, 2 seconds before and after the turn)
2. Scratch Spin, entry from one backward crossover (3 revolutions with foot crossed)
3. Half Flip jump (moving with speed, inside edge required)
4. Single Toe Loop jump (moving with speed, outside edge must pass the toe)
5. Forward lunge on a straight line (right and left, skating leg parallel, 2 seconds)

Free Skate 2 (Prerequisite – Free Skate 1)

1. Forward outside spirals on a circle (right and left, 3 seconds each)
2. Backward inside three-turns (right and left, 2 seconds before and after the turn)
3. Back Spin from pivot (2 revolutions on the backward outside edge)
4. Half Lutz jump (moving with speed, outside edge required)
5. Single Salchow jump (moving with speed)

Free Skate 3 (Prerequisite – Free Skate 2)

1. Waltz three-turns on a circle (clockwise and counterclockwise)
2. Forward sit position glide (right and left, skating leg parallel, 2 seconds)
3. Back Scratch Spin (3 revolutions on the backward outside edge)
4. Single Loop jump (moving with speed)
5. Single Salchow jump / Single Toe Loop jump combination (moving with speed)

Free Skate 4-5 (Prerequisite – Free Skate 3)

1. Five-step Mohawk sequence (clockwise and counterclockwise)
2. Sit Spin (3 revolutions, skating leg parallel)
3. Camel Spin (3 revolutions, free leg knee above the hip)
4. Single Flip jump (moving with speed, inside edge required)
5. Single Lutz jump (moving with speed, outside edge required)

Elite Classes (6+ years)**Elite Jumps** (Prerequisite – Free Skate 4-5 or Skating Manager Approval)

1. Bell jump
2. Waltz jump / Loop jump / Back Scratch Spin combination
3. Single Axel (moving with speed)
4. Double Salchow (moving with speed)
5. Double Toe Loop (moving with speed, outside edge must pass the toe)
6. Double Loop (moving with speed)

Elite Power Skating (Prerequisite – Free Skate 2 or Skating Manager Approval)

1. Power
2. Strength
3. Speed
4. Edge quality
5. Stamina
6. Proper skating technique

Elite Spins (Prerequisite – Free Skate 4-5 or Skating Manager Approval)

1. Back Sit Spin
2. Camel Spin / Sit Spin / Scratch Spin / Back Scratch Spin combination
3. Camel Spin / Sit Spin / Back Sit Spin / Back Scratch Spin combination
4. Layback Spin
5. Difficult variations of basic spin positions
6. Flying spins

Hockey Classes (6-15 years)

Hockey 1 (Prerequisite – None)

1. March forward, then glide on two feet
2. Forward Swizzles (6 in a row)
3. V-Start
4. Forward one-foot pushes
5. Beginning snowplow stop, in place (right and left)

Hockey 2 (Prerequisite – Hockey 1)

1. Forward crossovers (clockwise and counterclockwise)
2. Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive
3. Crossover starts
4. Backward skating
5. Moving forward snowplow stop (right and left)

Hockey 3 (Prerequisite – Hockey 2)

1. Backward one-foot glides (right and left, 2 seconds)
2. Backward crossovers (clockwise and counterclockwise)
3. One-foot edge turning
4. Pivot turns
5. Hockey stops

Adult Classes (16+ years)

Adult Basic 1-3 (Prerequisite – None)

1. March forward, then glide on two feet
2. Forward Swizzles (6 in a row)
3. Forward one-foot glides (right and left, 2 seconds)
4. Backward Swizzles (6 in a row)
5. Moving forward snowplow stop (right and left)
6. Beginning forward stroking
7. Forward half Swizzle pumps on a circle (clockwise and counterclockwise)
8. Moving forward to backward two-foot turns on a circle (clockwise and counterclockwise)

Adult Basic 4-6 (Prerequisite – Adult Basic 1-3)

1. Forward crossovers (clockwise and counterclockwise)
2. Backward one-foot glides (right and left, 2 seconds)
3. Backward half Swizzle pumps on a circle (clockwise and counterclockwise)
4. Backward crossovers (clockwise and counterclockwise)
5. Forward outside three-turn (right and left, 2 seconds before and after the turn)
6. Two-foot upright spin from pivot (3 revolutions)
7. One-foot upright spin from pivot (3 revolutions)
8. Forward spiral on a straight line (right and left, 2 seconds)

Adult Free Skate 1-2 (Prerequisite – Adult Basic 4-6)

1. One-foot upright spin from push and three-turn (3 revolutions)
2. Waltz jump (moving with speed)
3. Backward outside three-turns (right and left, 2 seconds before and after the turn)
4. Scratch Spin, entry from one backward crossover (3 revolutions with foot crossed)
5. Half Flip jump (moving with speed, inside edge required)
6. Single Toe Loop jump (moving with speed, outside edge must pass the toe)
7. Forward lunge on a straight line (right and left, skating leg parallel, 2 seconds)
8. Single Salchow jump (moving with speed)

Adult Free Skate 3-5 (Prerequisite – Adult Free Skate 1-2)

1. Waltz three-turns on a circle (clockwise and counterclockwise)
2. Back Scratch Spin (3 revolutions on the backward outside edge)
3. Single Loop jump (moving with speed)
4. Single Salchow jump / Single Toe loop jump combination (moving with speed)
5. Sit Spin (3 revolutions, skating leg parallel)
6. Single Flip jump (moving with speed, inside edge required)
7. Single Toe Loop jump / Single Loop jump combination (moving with speed)
8. Five-step Mohawk sequence (clockwise and counterclockwise)

Adult Hockey Skating Skills (Prerequisite – None)

1. Forward Swizzles (6 in a row)
2. Forward crossovers (clockwise and counterclockwise)
3. Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive
4. Backward skating
5. Moving forward snowplow stop (right and left)
6. Backward one-foot glides (right and left, 2 seconds)
7. Backward crossovers (clockwise and counterclockwise)
8. One-foot edge turning

Adult Coffee Club (Prerequisite – None)

- This is an unstructured class in which skaters will be at varying levels from beginning to advanced. The instructor will divide his/her time amongst the skaters working on the individual needs of each skater. The Practice Recommendation / Private Lesson Guide and the Progress Report will be individual to each skater. Included in the class is a free cup of coffee, the Thursday 11:30am – 1:30pm Public Skating Session, and five additional Public Skating Sessions to be used during the 8-week series.

Adult Theatre On Ice (Prerequisite – None)

- 8:15pm - 8:25pm: Music interpretation and improvisation with a Skating Professional (1/3 of ice coned off)
- 8:25pm - 8:45pm: Adult Theatre On Ice numbers with a Skating Professional (1/3 of ice coned off)
- 8:45pm - 9:00pm: Full ice program practice without a Skating Professional (full ice - optional)
- Throughout the year, you will have opportunities to participate in US Figure Skating sanctioned events as well as The Rinks - Anaheim ICE annual holiday show on December 17, 2016. The skating events are OPTIONAL and an additional fee in addition to the class fee. The events typically cost around \$100 per group and \$5 per skater, plus matching outfits. The Rinks - Anaheim ICE annual holiday show on December 17, 2016 is included in the class fee for the November through January series. The matching outfits will be an additional expense.

Home School Classes (6-15 years)

Home School Basic 1-2 (Prerequisite – None)

1. Dip while moving (2 seconds)
2. Forward Swizzles (6 in a row)
3. Backward wiggles
4. Beginning snowplow stop, in place (right and left)
5. Scooter pushes (right and left)
6. Forward one-foot glides (right and left, 2 seconds)
7. Backward Swizzles (6 in a row)
8. Moving forward snowplow stop (right and left)

Home School Basic 3-4 (Prerequisite – Home School Basic 1-2)

1. Beginning forward stroking
2. Forward half Swizzle pumps on a circle (clockwise and counterclockwise, 6 in a row)
3. Moving forward to backward two-foot turns on a circle (clockwise and counterclockwise)
4. Forward pivots (clockwise and counterclockwise)
5. Forward outside edge on a circle from pumps (right and left, 3 seconds)
6. Forward crossovers (clockwise and counterclockwise)
7. Backward half Swizzle pumps on a circle (clockwise and counterclockwise)
8. Backward one-foot glides (right and left, 2 seconds)

Off-Ice Classes (4+ years)

Balance Training for Hockey (4+ years) (Prerequisite – None)

1. Balance
2. Power
3. Lateral movements
4. Full extension pushes
5. Core strength

Beginning Ballet (4-7 years) (Prerequisite – None)

1. Posture
2. Stability
3. Balance
4. Control
5. Flexibility

Elite Ballet (8+ years) (Prerequisite – None)

1. Posture
2. Stability
3. Balance
4. Control
5. Flexibility

For More Information, Please Contact:

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