

# SKATING LESSONS

MONDAY'S, JANUARY 8 - MARCH 4, 2024 (9 WEEKS)					
	RED	BLUE	PURPLE	GREEN	ORANGE
5:30PM-5:55PM	Pre-K 1	Beginner 1	Pre-K 1	Beginner 1	Hockey, Pre-K
6:00PM-6:25PM	Pre-K2	Beginner 2	Pre-K 2	Beginner 2	Hockey 1
6:30PM-6:55PM	Pre-K3	Adult	Beginner 3-4	Beginner 5-7	Hockey 2

SATURDAY'S, JANUARY 6 - MARCH 2, 2024 (9 WEEKS)					
	RED	BLUE	PURPLE	GREEN	ORANGE
11:45AM-12:10PM	Pre-K 1	Beginner 1	Beginner 1	Adult	
12:15PM-12:40PM	Pre-K2	Beginner 2	Pre-K 3	Beginner 3	

- ▶ Kirkwood residents (\$81.00), Non residents (\$90.00)
- ▶ All Classes are 25 minutes
- ▶ Sorry, no make ups at this time
- ▶ Please check in with cashier upon entry each week
- ▶ Skate rentals included in fee
- ▶ Helmet, gloves, knee, and elbow pads required for Hockey classes. Full equipment recommended.

## CLASS DESCRIPTIONS

**Pre-K 1:** Entry level class for 4-6 year olds (Pre K) with no experience. Sit and stand up with skates on (on and off the ice), sit and stand up (on ice), march in place, skate forward (8-10 steps), skate then glide on two feet, dip in place.

**Pre-K 2:** Skate followed by long glide, dip while moving, backward wiggles (six in a row), forward two foot swizzles (2-3 in a row), two foot hop in place.

**Pre-K 3:** Forward skating (8-10 pushes), forward two foot glide, forward swizzles (4-6 in a row), backward skating with back stop, forward snowplow stop with skid, curves

**Beginner 1:** Entry level class for 6 and up with no experience. Proper falling and standing, identify edges, skate width of rink, forward swizzles, snowplow, stop, dip, two foot glide

**Beginner 2:** Forward two foot to one foot glide, accelerating forward swizzles, backward swizzle, back stop, t-push, two foot turns, snowplow stop with skid, forward two foot curves.

**Beginner 3:** Forward stroking, one foot swizzles, intro to t-stop, one foot glide, turn from front to back, beginning two foot spin, beginning spiral, backward two foot glide.

**Beginner 4:** Forward crossovers, backward one foot swizzles, two foot spin, beginning 3 turns, backward stroke to glide, bunny hop.

**Beginner 5:** Forward & backward edges, backward crossovers, mohawks, lunges, spirals, pivots, beginning 1 foot spin, shoot-the-ducks.

**Beginner 6:** Forward inside 3-turns, mohawk (open or closed, R & L), one foot spin (3+ rotations), T-stop, side to side hop, hockey stop, waltz jump from stand still, shoot-the-duck, beginning backwards lunge.

**Hockey, Pre-K:** (Ages 4-6) Introduction to V starts, two foot stops, crossovers, tight turns, backwards skating, backward C cuts, forward to backward pivots, and backward to forwards pivots.

**Hockey 1 Power Skating:** (Ages 6-12) Forward skating with full strides, forward one foot glides, backward swizzles, backward c-cuts, two foot tight turns, introduction to hockey stops, forward one foot swizzles, crossovers, pivots (forward to backwards and backwards to forward), quick starts.

**Hockey 2 Power Skating:** (Ages 6-12) Forward and backward C cuts and crossovers, hockey turns, slalom, forward stops and starts, backward V stop, mohawks, hockey stops, back 1 foot glide, skating drills.

**Adult (All Levels):** Skating basics including but not limited to: forward, backward, stopping, pivots, crossovers, two and one foot turns.

•Register online at [www.kirkwoodparksandrec.org](http://www.kirkwoodparksandrec.org) or call the community center office at 822-5855