

Learn to Skate & Learn to Play Hockey

Categories & Level Descriptions

Parent-Tot: 3-4 year olds

A fun introduction to the sport of ice skating. Parent and child are on the ice learning the fundamental skills together.

Pre-School: 4-6 year olds

Pre 1: Marching, Gliding, Dips, Hops, Beginning Skills

Pre 2: Forward swizzles, One foot glides, Snowplow stops, Back wiggles

Pre 3: Backward swizzles, Forward pumps on a circle, One foot snowplows

Pre 4: Two foot turns, Forward slalom, Bunny Hop, Back glides

Youth: 7-17 year olds

Level 1: Beginning skills, Forward glides, Forward swizzles, Backward swizzles, Snowplow stops

Level 2: Backward swizzles, Two foot turns, One-foot snowplows

Level 3: Forward pumps on a circle, T-stops, Bunny hop

Level 4: Backward one foot glide, Outside and inside edges, Crossovers, Backward pumps on a circle

Level 5: Back outside edges, Back inside edges, Back crossovers, Three turns, Hockey stop

Level 6: Mohawks, Two foot spins, Forward inside and Back outside turns, Ballet jumps

Level 7: Outside and inside spiral turns, Waltz jumps, Lunge, Footwork steps, Back outside three turns

Freestyle 1: Toe loop jumps, Mazurkas, Edge spins

Freestyle 2: Salchow jumps, Forward change of edges, Half flip jumps

Freestyle 3: Half lutz jumps, One foot spins, Combination jumps

Freestyle 4: Back spins, Sit spins, Two foot loop jumps

Adult: 18 and over

Beginner: Falling and getting up, Forward and Backward swizzles, glides, beginning edges, crossovers

Intermediate: Backward Strokes, Backward crossovers, T-stops, Three Turns

Advanced: Strong edges, Begin jumps and spins as the student progresses

Learn to Play Hockey

4-6 year olds must pass Pre 4 and 7-17 year olds must pass level 3 before entering Learn to Play Hockey 1. Hockey 1 & 2 enable participants to learn advanced hockey skating skills. Hockey 3, ages 7-17, teaches fundamental hockey skills, stickhandling, passing and shooting while continuing skate development.

Hockey 1: Advanced forward crossovers, back crossovers, back crossover starts, hockey stops, turnouts, v-start

Hockey 2: Forward inside/outside edge glides-pylons, back inside/outside edge glides-pylons, advanced back crossovers, forward crossovers starts, back v-stop, Mohawks & power turns

Hockey 3: Forward power skating, backward power skating, stopping, stickhandling, passing, shooting, positioning

Required Equipment for Hockey 1 & 2: Hockey skates, hockey gloves and ice hockey helmet with facemask.

Required Equipment for Hockey 3 & 4: Ice hockey helmet with facemask, shin guards, elbow pads, shoulder pads, cup/pelvic protector, hockey gloves, hockey socks, jersey, skates, mouth guard and ice hockey stick.

Mighty Mites Hockey

This is a five week intro to ice hockey for 4 and 6 year olds. Skaters must have passed Pre 2 in the Learn to Skate program to register for this class. Full hockey equipment is required.