Learn to Skate Program

Preschool 4-5 years old | Children 6-12 years old | Youth 13-17 years old | Adults 18+ years

Red Level (Preschool 1,2,3)

Skate width of ice alternating feet
Two foot glide
Skate in a circle
Skate and lift foot
Skate and touch toes
Skate- two foot jump
Sufficient speed the width of the ice

Alternating feet skating backwards

Orange Level (Preschool 4)

Skate around ice surface- forward
Two foot glide touching toes
Glide half width of ice
Two foot gliding circle
Glide- lift right and left foot
Gliding two foot jump
Complete snow plow stop
Sufficient speed skating backwards

Gold Level (Preschool 5)

Backward skating width of ice Sideways snow plow stop- right foot Sideways snow plow stop- left foot Forward sculling (10 feet) Glide on right foot (5 feet) Glide on left foot (5 feet)

Yellow Level

Backward around the ice
Backward sculling (10 feet)
Backward glide half width of ice
Backward glide – touch toes
Forward to backward turn
Backward to forward turn
Backward right stop
Backward left stop

Green Level

Backward right foot glide (5 feet)
Backward left foot glide (5 feet)
Backward two foot jump
Forward clockwise cross-overs
Forward counter clockwise cross-overs
Forward outside edges
Forward inside edges

Blue Level

Backward clockwise cross-over
Backward counter-clockwise cross-overs
Backward inside edges
Backward outside edges
Parallel stop
T-stop
Forward and backward jump



