

Las Vegas Ice Center

Learn To Skate Program

The Las Vegas Ice Center's "**Learn to Skate**" is an all year round program designed for all levels and ages of skaters.

Classes are based on the Ice Skating Institute (ISI) skating programs with 8 weeks semesters.

The "Learn to Skate" program guides skaters through carefully graduated maneuvers, ensuring rapid progress over short time periods.

Tots, Beginner, Advanced Beginner, Pre Alpha, Alpha, Beta, Gamma, Delta & Freestyle 1-4 classes provide direction and build competency in all important foundation moves.

Forward and backward skating, stopping, turning and edges are taught in exciting, low cost group lessons.

All classes are 8 week sessions (except if specified).

Classes are **30 minutes** in length.

Skaters will have **30 minutes** of practice after each class

TOTS (Ages 6 and under)
Beginner Who Has Never Skated

Proper Way To Fall

In a standing position, stretch hands and arms higher than eyelevel so you can see them. Tuck chin to keep head forward. Bend knees and continue the falling down action as you would sit on a chair. Continue gently until skater falls on one cheek (bottom, that is), keeping the hands in position and off the ice.

Proper Way to Get Up

Facing the instructor, get in the position of a puppy dog on hands and knees. Put one foot between hands, and then bring second foot between hands, keeping weight balanced on center of both feet. Rise, slowly, looking at the instructor, until skater is in proper standing position.

Marching in Standing Position

With arms in front as in holding handlebars of a bicycle, lift alternate feet three times, remain still in proper position for five seconds.

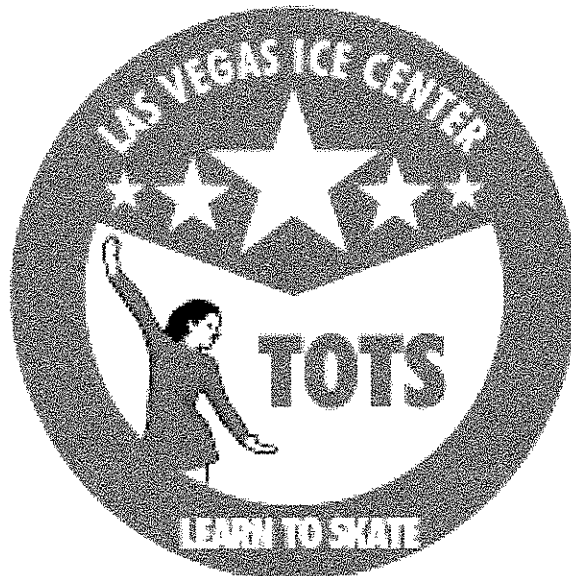
Marching While Moving

March, counting 1, 2, 3; and then glide on two feet (feet parallel and comfortably apart but no farther out than hips).

BONUS SKILL *

Two-Foot Jump In Place

While standing still with hands in handlebar position, bend knees, jump up, land, bend knees to almost teapot position, then stand up straight again.



BEGINNER SKATER

Forward Swizzle Standing Still

Standing in proper position, put heels together forming a wide "V" position, then move toes together until touching. Skater should remain stationary.

Beginning Two-Foot Glide

Must be performed for a distance at least equal to the skater's height on two feet after taking only three steps.

Dip

Push three times only, glide on two feet. Arms extended forward, bend knees to lower hips until slightly higher than the knees. Hold position for a count of five.

Preparation for Snowplow Stop

From standing position (as previously described) with knees bent, use one foot on the inside edge and scrape to the side, creating snow. Bring foot back to starting position and repeat three times. Alternate to other foot and repeat three times.

BONUS SKILL *

Backward Wiggle

Must be performed for a distance at least equal to the skater's height in four zigzag movements.



ADVANCED BEGINNER SKATER

Forward Swizzles

A forward swizzle must be performed for a distance at least equal to the skater's height in three in-and-out movements.

Backward Swizzle

A backward swizzle must be performed for a distance at least equal to 12 inches with in-and-out movement.

T-Position and Push (Right & Left)

Push from the inside edge of the back foot and glide on the forward foot in a straight line for a distance of at least the skater's height.

Repeat on the other foot from standing still position

Push and Glide Stroking

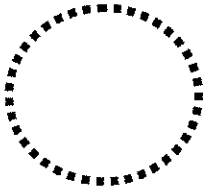
From standing position, bend both knees, push and glide on one foot. Sufficient length of glide equals one foot. Repeat for a total of six times, alternating feet, with a glide in between on two feet.

Snowplow Stop

From moving two foot glide with knees bent, use one foot or both feet on the inside edge and scrape to the side, creating snow and stopping.



Pre-Alpha



Two-Foot Glide

Must be performed for a distance at least equal to the skater's height on two feet after taking only three steps.

One-Foot Glide

Must be performed for a distance at least equal to the skater's height on each foot after taking only three steps.

Forward Swizzle

A forward swizzle must be performed for a distance at least equal to the skater's height in three in-and-out movements.

Backward Wiggle

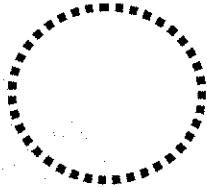
Must be performed for a distance at least equal to the skater's height in four zigzag movements.

Backward Swizzle

A backward swizzle must be performed for a distance at least equal to the skater's height with three in-and-out movements.



ALPHA



(skater must have passed Pre-Alpha level)

Forward Stroking

(at least 6 alternating strokes)

Forward Crossovers

Right foot over Left

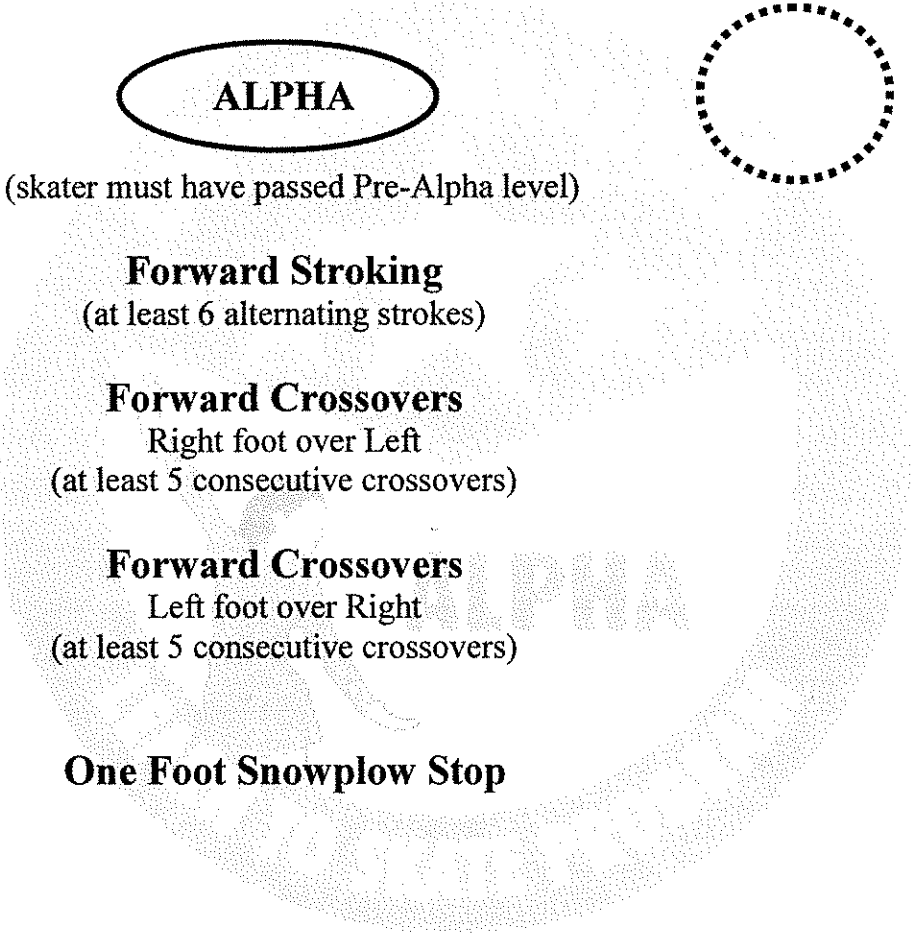
(at least 5 consecutive crossovers)

Forward Crossovers

Left foot over Right

(at least 5 consecutive crossovers)

One Foot Snowplow Stop



BETA

(skater must have passed Alpha level)

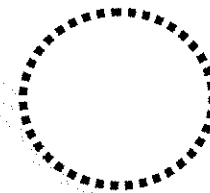
Backward Stroking
(at least 6 alternating strokes)

Backward Crossovers
Right foot over Left
(at least 5 consecutive crossovers)

Backward Crossovers
Left foot over Right
(at least 5 consecutive crossovers)

T-Stop Right Foot Outside Edge
(Right foot behind)

T-Stop Left Foot Outside Edge
(Left foot behind)



GAMMA

(skater must have passed Beta level)

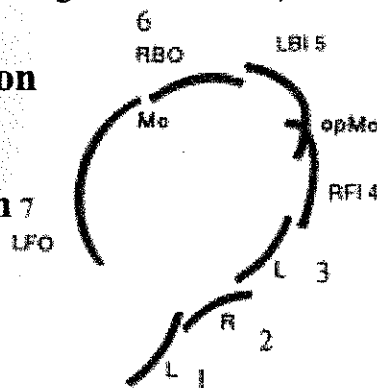
Right Forward Outside Three Turn (One foot turn)
(Total length of the glide must be at list twice the skater's height. RFO to RBI)

Left Forward Outside Three Turn (One foot turn)
(Total length of the glide must be at list twice the skater's height. LFO to LBI)

Right Forward Inside Open Mohawk Combination
(Total of 7 steps including two Mohawks, see diagram)

Left Forward Inside Open Mohawk Combination 7
(Total of 7 steps including two Mohawks)

Hockey Stop
(skater's feet must be parallel)



DELTA

(skater must have passed Gamma level)

Right Forward Inside Three Turn (One Foot Turn)

(Total length of the glide must be at list twice the skater's height. RFI to RBO)

Left Forward Inside Three Turn (One Foot Turn)

(Total length of the glide must be at list twice the skater's height. LFI to LBO)

Forward Outside Edges

(at least four semi-circles must be performed on the forward outside edges with no steps or turns between)

Forward Inside Edges

(at least four semi-circles must be performed on the forward inside edges with no steps or turns between)

Shoot-The-Duck

-or-

Lunge

Bunny Hop

FREESTYLE 1

(skater must have passed Delta level)

Forward Inside Pivot

(minimum of 1.5 revolutions)

Two-Foot Spin

(minimum of 6 revolutions)

Forward Arabesque (Spiral)

(any edge, free leg must be at least as high as the skating hip)

Backwards Outside Edges

(at least four semi-circles must be performed on the backwards outside edges with no steps or turns between)

Backwards Inside Edges

(at least four semi-circles must be performed on the backwards inside edges with no steps or turns between)

One-Half Flip jump

Waltz Jump

Solo Program 1.5 minutes*

FREESTYLE 2

(skater must have passed Freestyle 1 level)

Ballet Jump

One-Half Toe Walley jump

One-Half Lutz jump

One-Foot Spin

(minimum of 6 revolutions, free leg position is optional)

Two Forward Arabesques (Spirals)

(on either foot, on either edge, free leg must be at least as high as the skating hip)

Dance Step Sequence (footwork sequence)

(mandatory pattern is illustrated in the "ISI Skaters, Coaches Handbook")

Solo Program 1.5 minutes*

FREESTYLE 3

(skater must have passed Freestyle 2 level)

Backward Outside or Backward Inside Pivot

(minimum of 1.5 revolutions)

Salchow Jump

Toe Loop or Toe Walley Jump

Change Foot Spin

(minimum of 3 revolutions on each foot, total of 9 revolutions, free leg position is optional)

Backward Arabesque (Spiral)

(any edge, free leg must be at least as high as the skating hip)

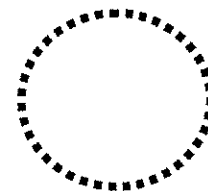
Dance Step Sequence (footwork sequence)

(mandatory pattern is illustrated in the "ISI Skaters, Coaches Handbook")

Solo Program 1.5 minutes*

FREESTYLE 4

(skater must have passed Freestyle 3 level)



Flip Jump

Loop Jump

One-Half Loop Jump

Sit Spin

(minimum of 6 revolutions, the upper part of the skating leg at least parallel to the ice)

Two Backward Arabesques (Spirals)

(one each on the Right and Left foot, on either edge, free leg must be at least as high as the skating hip)

Dance Step Sequence (footwork sequence)

(mandatory pattern is illustrated in the "ISI Skaters, Coaches Handbook")

Solo Program 2.0 minutes*

The official ISI Test Standards , Dance Steps Sequence patterns,
Solo Program requirements and Membership information available in
" The ISI Skaters, Coaches Handbook" &

www.skateisi.org

ISI Recreational Ice Skating Competitions are team competitions developed to encourage skaters of all ages, levels and abilities. A competition is won or lost by the team as a whole. Skaters are matched by similar ages and ability levels and compete in individual as well as team events. Skaters earn team points as well as individual titles and awards. Even if an individual skater does not place when competing against other individuals, he or she retains a high sense of involvement throughout the competition as a contributing member of a team.

! JOIN ISI TODAY !

SKATER'S NAME : _____

ISI MEMBERSHIP # _____

www.LasVegasIce.com