

Suggested Group Divisions by Ability

Divide your skaters by ability then age.

Recommendation: maximum seven skaters per instructor.

Level Divisions	Focus	General Skills/ Ability Range
Basic 3-4	<ul style="list-style-type: none"> • FUN! • Very enthusiastic • Solid technique • Increase speed and confidence on the ice. 	Forward stroking Forward crossovers Two-foot turns Three turns Two-foot spins
Basic 5-6	<ul style="list-style-type: none"> • FUN! • Solid technique • Interested in FSC • Interested in private lessons • Interested in competition 	Backward stroking Backward crossovers Three turns Bunny hops Forward spirals Forward lunge T-stops Beginning one-foot spin
Pre-Free Skate - Freeskate 1	<ul style="list-style-type: none"> • FUN! • Introductory jumps and spins • Interested in a routine 	Mohawks Three turns with speed Waltz jumps Half-flip jump One-foot spin Simple footwork sequences Forward edges
Freeskate 2- 4	<ul style="list-style-type: none"> • FUN! • Working on more skating skills • May be interested in branching out to ice dance, ballet or synchronized skating 	Single jumps thru loop Spins up to sit spin All turns Simple footwork sequences Some combination jumps
Freeskate 5- Beginner FS Pre-pre FS -Preliminary FS	<ul style="list-style-type: none"> • FUN!! • Transition to full club membership • Into the testing structure • More serious about competition • Should have a private coach 	All singles up to axel Beginning an axel All solo spins Some combination spins More complex footwork Edge work