

LEARN TO SKATE USA

# **FIRST TIME SKATER EVALUATION**

Learning how to ice skate builds strength, develops confidence and teaches the value of perseverance.

As you begin your journey of learning how to ice skate, you will quickly realize that you are learning so much more than skating skills. You will be infused with the joy of improving every time you try something new.

Each time you fall, you will strengthen your confidence to get back up and try again.

## **OFF-ICE ORIENTATION PRIOR TO THE FIRST SKATING CLASS:**

Equipment check: Proper fit and lacing of skates, appropriate attire and safety helmets

Practice falling and recovery, marching in place, dips and one-foot balances.

- Sit and stand up on the ice
- March in place
- March forward 8-10 steps
- March followed by a two-foot glide
- Dip while moving
- Backward wiggles
- Forward swizzles
- Rocking horse
- Two-foot hop in place
- Beginning snowplow stop motion in place

## **BONUS SKILLS:**

- Backward swizzles
- One-foot glides
- Two-foot turns in place

## **CONGRATULATIONS! YOU'VE LEARNED:**

- 1-3 new skills. Register for our Snowplow Sam 1 or Basic 1 class
- 4-6 new skills. Register for our Snowplow Sam 2 or Basic 1 class
- 7-9 new skills. Register for our Snowplow Sam 3 or Basic 1 class
- 10-13 new skills. Register for our Snowplow Sam 4 or Basic 2 class

## **THANK YOU FOR ATTENDING!**

To learn more about the Learn to Skate USA program, curriculum and benefits, please visit [learntoskateusa.com](http://learntoskateusa.com). The mission of Learn to Skate USA is to provide a fun and positive experience that will instill a lifelong love of skating

As a member of Learn to Skate USA, the only program endorsed by U.S. Figure Skating, USA Hockey and US Speedskating, your experiences become greater and greater with every moment on the ice.

Thank you for joining Learn to Skate USA.

SEE YOU ON THE ICE AND SKATE TO GREAT, ONE BLADE AT A TIME!



USSPEEDSKATING

