

LEARN TO SKATE USA

BINGO

Take your skating skills to the next level with ice skating BINGO!
Track your progress by coloring in the boxes as you complete each task.

Oopsie daisy! Fall down and get back up.	Make new friends: Introduce yourself to someone new at the ice rink.	Balance basics: See how many seconds you can hold a one-foot glide on your RIGHT foot.	Celebrate success: Tell another skater what he/she is doing great!	Log your laps and skate a 5K (35 laps). Timing yourself is optional.
Play outside! Improve your one-foot glides by practicing your balance in a safe place outside.	How fast can you go? Time yourself skating a lap around the rink.	Count your pushes: See how many pushes it takes you to skate the entire length of the rink.	Get low: Practice six two-foot dips or shoot-the-ducks.	How does skating make you feel? Write it down in the space below!
Set a short term (6-8 week) skating goal and write it below.	Choose a skill that needs improvement and practice it 10 times. Write that skill in the space below.	FREE SPACE	Bring a friend ice skating with you.	Choose a hero: Identify a skater who inspires you.
Skate a mile: Skate 11 laps around the ice rink.	Feel the burn: Do an entire lap around the rink without picking up your feet (hint: try swizzles).	Balance basics: See how many seconds you can hold a one-foot glide on your LEFT foot?	Improve your dips and shoot-the-ducks by practicing these skills off the ice.	Dream it and achieve it! What skating move do you dream of accomplishing? Write it below.
Celebrate success: Determine your best skating accomplishment and write it below.	Switch up your stops: Always do a snowplow stop before you get off the ice? Get out of your comfort zone and try a t-stop or hockey stop!	Backwards mile: Skate 11 laps around the rink backwards.	Set a long term (1 year) skating goal and write it below.	Practice 10 forward to backward two-foot turns or three-turns.

My short term (6-8 weeks) skating goal is: _____

My long term (1 year) skating goal is: _____

Skating makes me feel: _____

My dream skating move is: _____

My skill I plan to practice 10 times is: _____

My biggest skating accomplishment is: _____

My skating hero is: _____