



Basic Fundamentals Skills List

— LEARN TO —
SKATE
— USA —

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speedskating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers and turns. Upon completion of the Basic Skills 1 - 6 levels, skaters will be able to confidently advance to more specialized areas of skating. Skaters will progress at their own rate and advance after skill master is demonstrated.

BASIC 1

1. Sit on ice and stand up
2. March forward across the ice
3. Forward two-foot glide
4. Dip
5. Forward swizzles – 6–8 in a row
6. Backward wiggles – 6–8 in a row
7. Beginning Snowplow stop on 2 feet or 1 foot

*Bonus skill: 2 foot hop in place

BASIC 2

1. Scooter pushes - R & L.
2. Forward 1 foot glides - R & L.
3. Backward 2 foot glide - Glide the length of the skaters height.
4. Rocking Horse (1 forward swizzle and 1 backward swizzle) - Repeat twice.
5. Backward Swizzles - 6 - 8 in a row.
6. 2 foot turns from forward to backward in place - clockwise & counterclockwise.
7. Moving Snowplow stop.

* Bonus Skill: Curves

BASIC 3

1. Forward stroking, showing correct use of blade.
2. Forward half swizzle pumps on a circle – 6–8 consecutive clockwise and counterclockwise.
3. Moving forward to backward two-foot turn – clockwise and counterclockwise.
4. Beginning backward 1 foot glides - focus on Balance.
5. Backward snowplow stop R & L.
6. Forward Slalom.

• Bonus Skill : Forward pivots - clockwise & counterclockwise

BASIC 4

1. Forward outside edge on a circle – R and L.
2. Forward inside edge on a circle – R and L.
3. Forward crossovers, clockwise and counterclockwise.
4. Backward half swizzle pumps on a circle, clockwise and counterclockwise.
5. Backward one-foot glides - For a count of 4 - R & L.
6. Beginning 2 foot spin - up to 2 revolutions.

* Bonus Skill: Forward lunges - both legs.

BASIC 5

1. Backward outside edge on a circle – R and L.
2. Backward inside edge on a circle – R and L.
3. Backward crossovers, clockwise and counterclockwise.
4. Forward outside 3 turn - R & L.
5. Advanced 2 - foot spin - 4 - 6 revolutions.
6. Hockey stop - both directions.

* Bonus Skill: Side to hop - R & L

BASIC 6

1. Forward inside open Mohawk from a standstill (R & L)
2. Forward inside three-turn – R and L from a standstill position.
3. Moving backward to forward two-foot turn on a circle, clockwise and counterclockwise.
4. Backward stroking.
5. Beginning 1 foot spin - 2 - 4 revolutions, optional free leg position and entry.
6. T-stops - R & L.
7. Bunny Hop.
8. Forward Spiral on a straight line - R or L.

* Bonus Skill: Shoot the duck - R or L.

Learn to Skate FAQ Sheet

What class do I sign up for?

If you have never skated before or have never had any formal instruction, we recommend starting in the following classes: Snowplow Sam 1 for ages 3 - 5, Basic 1 for ages 6 and above, Adult 1 for adults ages 14 +.

What is included with the price of my class?

Class fee includes 30 min. of weekly instruction, skate rental on the day of class.

How and when do I sign up?

Register online at www.kcicecenter.com, by phone at 913-441-3033, or in person. Register early to ensure your spot, which will not be reserved until payment is received. Please register at least 48 hours before the first day of class. If there are less than 3 enrollments for a class at that point, the class may be cancelled or combined.

What do I need to do the first day?

Please arrive 30 min prior to the start time of your first class. Staff will help you with your rental skates. Rental skates typically run 1 to 2 sizes smaller than street shoes. On the first day of class, all skaters will meet their instructors off ice.

Do you offer any discounts

Yes! We have a multi family member discount. The 2nd and 3rd family member receives \$30 off. We also offer 2nd class discount for \$30 off another class offered during the week.

What do I need to wear?

Please wear warm, comfortable, layered clothing including gloves and thin socks. Helmets are recommended for beginners, but not required. (rounded bike helmets are sufficient)

What is the Learn to Skate USA membership?

All skaters are required to pay the \$16.00 annual (July 1 - June 30th) membership fee to Learn To Skate USA. This can be done by visiting www.learntoskateusa.com. This provides insurance from Learn to Skate USA for all of our skaters during class time and skaters will receive fun items such as a practice book and magazine. USFS is endorsed by USA Hockey.

Can I make up a missed class?

If you miss a class, you can make that class up at one of the other times your skaters level is scheduled. You must contact the Skating Director or call the rink to fill out a Make up Request form and all make ups must be completed by the last day of the current session.

Can I get a refund?

We do not have a refund policy on classes, however, we can hold your credit to be used at a later date or within your family.

Where can I purchase skates or equipment?

Skate Express has beginner skates to purchase, Scheels Sporting Goods at 6503 W. 135th St, Overland Park KS has a good selection of beginner skates under \$90, and Play it Again Sports has used skates.

Questions? Contact Kay Gentges at kgentges@kcicecenter.com or 913-441-3033