

All In Ice Skating Lessons

A North Buffalo Rink Program

Adult 1, 2, and 3 (Age 16 and up)

All In Ice Skating Lessons,
a North Buffalo Rink program,
is proud to be offering **Adult 1, 2, & 3**.

Our Adult Basics 1, 2, & 3 Skills teaches the fundamentals of ice skating and provides the best foundation for figure skating, hockey, and speed skating. Three progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. All classes will be well-structured with the focus on proper skill development taught in a positive, fun, and social environment.

Register for classes at www.northbuffalorink.com

For more information contact:

Skating Director

Delene Mackenzie at allinskatinglessons@gmail.com

Rink Manager

Nick Price at (716) 253-3432

Adult 1

***Beginner skater**

- Sit and stand up on ice
- Forward marching across the ice
- Forwards swizzles
- Rocking horse
- Forward two foot glide
- Sideways ladder march
- Backward wiggles
- Moving dip
- Forward scooter pushes on a straight line - Right and Left
- Backward walking

Adult 2

***Must have passed Adult 1**

- Forward skating
- Forward one foot glide - Right and Left
- Backward skating
- Backward two foot glide
- Backward swizzles
- Two foot turns in place - Fwd-Backwards-Fwd - both directions
- Snowplow stop - Two feet or one foot
- Forward scooter pushes on a circle - both directions
- Forward two foot glide on a circle - both directions
- Forward chasses on a circle - both directions

Adult 3

***Must have passed Adult 2**

- Moving two foot turns on a straight line, both directions
- Forward half swizzles on a straight line - Right and Left
- Fwd half swizzle on a circle, both directions
- Moving two foot turn on a circle, both directions
- Backward half swizzle pumps on a straight line - Right and Left
- Backward half swizzles on a circle - both directions
- Backward one foot glide - Right and Left
- Forward hockey swoops - Right and Left
- Forward slalom
- Forward half swizzle with held undercut
- Forward lunges



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