**ICELAND Skate School Class Descriptions**

**To register or for further information please call (516) 746-1100**

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| **Class** | **Age** | **Requirement** | **Skills Taught** |
| Snowplow Sam 1 | 3 ½ -5 | Beginners with no previous instruction | Correct falling & getting up, marching in place, march walking, march then glide & dip in place |
| Snowplow Sam 2 | 4-5 | Snowplow Sam 1 | March & glide, dip while moving, forward swizzles, backward wiggles, rocking horse, two foot hop in place |
| Snowplow Sam 3 | 4-5 | Snowplow 2 | Forward skating 8-10 steps, one foot glide, forward & backward swizzles, snowplow stops |
| Basic 1 | 6-12 | Beginners with no previous instruction | Correct falling, march forward, two foot glide, dip, forward swizzles, backward wiggles, snow plow stop, rocking horse |
| Basic 2 | 6-12 | Passed Basic 1 | Forward one foot glides, backward two foot glides, backwards swizzles, two foot turn in place, moving snowplow stops, Forward alternating ½ swizzle pump |
| Basic 3 | 6-12 | Passed Basic 2 | Forward Stroking, forward pumps on circle, moving two foot turns, backward one foot glide, forward slalom, two foot spin |
| Basic 4 | 6-12 | Passed Basic 3 | Forward outside/inside edges on a circle, forward crossovers, forward outside 3 turn, backward pumps on circle, backward snowplow stop |
| Basic 5 | 6-12 | Passed Basic 4 | Backward edges on a circle, backward crossovers, one foot spin, hockey stop, side toe hop |
| Basic 6 | 6-12 | Passed Basic 5 | Forward inside three turns, backward to forward two foot turn, t-stops, bunny hops, forward lunge |
| Basic 7 | 6-12 | Passed Basic 6 | Forward Mohawks, back outside edge transition to forward outside edge, ballet jump, backward crossovers to landing position, forward inside pivots |
| Basic 8 | 6-12 | Passed Basic 7 | Forward outside & inside three turns on a circle, combination move, one foot spin, waltz jump, mazurka |
| Freestyle  1 | N/A | Passed Basic 8 | Advanced forward stroking, forward outside& inside edges, back outside three turns, scratch spin, waltz jump, half flip jump |
| Freestyle  2 | N/A | Passed Freestyle 1 | Back outside and inside edges, forward outside and inside spirals, forward chasse sequence, waltz threes, beginning back spin, waltz jump-toe hop waltz jump, toe loop |
| Freestyle  3 | N/A | Passed Freestyle 2 | Forward and Backward crossovers in figure eight, waltz eight, forward swing rolls, back inside three turns, back spin crossed with free leg, salchow, half lutz jump, waltz jump/toe loop |