

# Adult – Beginner to Advanced

The Adult curriculum is designed for both beginning and experienced adult skaters who wish to improve their skating skills. Participation in the program will help promote physical fitness and improve balance and coordination while teaching proper skating techniques. This is an exciting program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.

Divided into six levels from basic skating to more advanced skills, adult skaters will progress at an individual rate while being challenged and motivated. Based on prior skating experience, adults may choose to begin at the level that best matches their skill base.

## Off-ice orientation:

- Equipment check: proper fit and lacing of skates, appropriate attire, safety concerns
- Practice falling and recovery, walking in place, knee bends and one-foot balances in skates

## Adult 1



- Falling and recovery; on ice
- Forward marching
- Forward two-foot glide
- Forward swizzles (4-6 in a row)
- One forward swizzle/one backward swizzle (rocking horse)
- Dip
- Forward snowplow stop – two feet or one foot

## Adult 4



- Forward outside edge on a circle, R and L
- Forward inside edge on a circle, R and L
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glides, R and L
- Backward half-swizzle pumps on a circle, clockwise and counterclockwise
- Hockey stop, both directions

## Adult 2



- Forward skating across the width of the ice
- Forward one-foot glides, R and L
- Forward slalom
- Backward skating
- Backward swizzles (4-6 in a row)
- Two-foot turns in place

## Adult 5



- Backward outside edge on circle, R and L
- Backward inside edge on a circle, R and L
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, R and L
- Forward swing rolls to a count of six
- Beginning two-foot spin

## Adult 3



- Forward stroking using the blade properly (begin with repetitive one-foot pushes)
- Forward half-swizzle pumps on the circle; 6 to 8 in a row, clockwise and counterclockwise
- Moving forward to backward and backward to forward two-foot turn on a circle, clockwise and counterclockwise
- Backward skating into a long two-foot glide
- Forward chasses on a circle, clockwise and counterclockwise
- Backward snowplow stop, R and L

## Adult 6



- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, R and L
- Forward outside to inside change of edge on a line, R and L
- T-stop, R or L
- Lunge
- Two-foot spin into one-foot spin

Upon completion of the Adult 1-6 curriculum, adult skaters should feel confidence with all fundamental skating skills and may choose to progress to more specialized areas of skating such as free skating, ice dancing, adult hockey leagues, or joining a synchronized skating team.