Alpha

Class Day: _____ Class Time: _____ Age Level: _____

Starting Date: _____ Ending Date: _____ Number of Lessons: _____

Term: _____ Instructor Name: _____

Date Week#	1	2	3	4	5	6	7	8	9	10	11	12	13	Comments:
Review:														
Stretching														
Forward Swizzles														
Backward Swizzles														
Left Extended One Foot Glide														
Right Extended One Foot Glide														
Left T-Position														
Right T-Position														
Left Scooter Pushes														
Right Scooter Pushes														
Half Swizzles in Circle – Counterclockwise														
Half Swizzles in Circle – Clockwise														
Zig Zags Alternating Scooter Pushes														
Stroking														
Scooter Pushes in Circle														
Forward Crossover Walk														
Two Foot Glide in Circle W/Feet Crossed														
Right Over Left Forward Crossovers														
Left Over Right Forward Crossovers														
Left One Foot Snowplow Stop														
Two Foot Jump Turn														
Hockey Glide														
Two Foot Lean														
Two Foot Edge Pulls														
Forward Inside Pivot from Stand Still														
Forward Crossovers in Figure Eight Pattern														
Left Forward Arabesque – Straight Line														
Right Forward Arabesque – Straight Line														
Alternating Forward Crossovers														
Zig Zags into Two Foot Spin														
Forward One Foot Glides on Circle (Mini Edges)														
Test:														
Forward Stroking														
One Foot Snowplow Stop														
Right Over Left Forward Crossovers														
Left Over Right Forward Crossovers														