

## Beginner & Tot Class

Class Day:	Class Time:									Age Level:						
Starting Date: I	Ending Date:									Number of Lessons:						
rm: Instructor Name:																
Date																
Week#		1	2	3	4	5	6	7	8	9	10	11	12	13	Comments:	
Off-ice:																
Check fit of skates																
Demonstrate correct arm positions																
Dip																
Fall																
Proper way to get up																
March in place (feet turned out slightly)																
March in line to ice entrance																
Assist skaters onto the ice																
On-ice:																
Fall																
Proper way to get up																
March while moving																
Two foot glide (4 marches and glide)																
Dip																
Preparation for Snowplow stop Snowplow	Stop															
Toe kisses-standing still with toes turned	d in															
Two foot jump in place																
Scissors—make a pineapple (toes out, 1 swizzle, jump 3 times)																
Forward swizzles																
Left 1 foot glide position (holding wall)																
Left 1 foot glide-standing still																
Left 1 foot glide-4 strokes, glide																
Right 1 foot glide position (holding wall)																
Right 1 foot glide-standing still																
Right 1 foot glide-4 strokes, glide																
Backward two foot glide-pushing off wal	ı															
Backward wiggles													L			
2 foot spin from standing position																