Delta

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:
Warm-Up:														
Stretching														
Forward Stroking\Backward Stroking														
Forward Crossovers														
Backward Crossovers														
Maneuvers:														
Bunny Hop Right Inside 3-turn														
Left Inside 3-turn														
Lunge														
Shoot the Duck														
Forward Outside Edges														
Forward Inside Edges														
Four Outside/Inside Consecutive Edges														
Wind Up into Spin from Back Crossovers														
Waltz Jump from Mohawk														
Waltz Jump from Back Crossovers														
Front T-Stops														
Left Forward Arabesque														
Right Forward Arabesque														
Combinations:														
Bunny Hop/ Arabesque														
Bunny Hop/Lunge/T-Stop														
Bunny Hop/Bunny Hop														
Lunge/T-Stop														
Bunny Hop/Mohawk/Waltz Jump														
Delta Test:														
Right Forward Inside 3-turn														
Left Forward Inside 3-turn														
Forward Outside Edges														
Forward Inside Edges														
Lunge or Shoot the Duck														
Bunny Hop														