Pre-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:														
Forward Swizzles														
Left One Foot Glide														
Right One Foot Glide														
Stretching:														
Describe the Blade														
What are Edges?														
Preparation for Zig Zags														
Backward Swizzles														
Left Scooter Pushes														
Right Scooter Pushes														
Left T-Position														
Right T-Position														
Half Swizzles in Circle – Counterclockwise														
Half Swizzles in Circle – Clockwise														
Left Backward One Foot Glide														
Right Backward One Foot Glide														
Backward Dip														
Left Attitude														
Right Attitude														
Backward Snowplow Stop														
Combinations:														
Back One Foot Glide/Back Dip/Back Snowplow Stop														
T-Position/Extended 1-Foot Glide/Attitude/Snowplow Stop														
Test:														
Two Foot Glide														
Left One Foot Glide (Distance of Height)														
Right One Foot Glide (Distance of Height)														
6 Forward Swizzles														
Backward Wiggles														
Backward Swizzles														