

LEARN TO
SKATE
USA

POWERED BY



TOYOTA

**COURSE INFORMATION
GUIDE**



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What's up with this guide?

Many of Sertich Ice Center's skate-learning programs adhere to Learn to Skate USA's standardized curriculum endorsed by U.S. Figure Skating, USA Hockey, and US Speedskating. The curriculum is designed to improve the skills of skaters of any age by gradually building upon skills and introducing new challenges at progressively higher levels.

Questions about where to begin and class advancement?

Brand new skaters should begin at the lowest level in their respective age group. Skaters that already possess some skills may elect to begin in a higher level course - which is okay! Just be sure that the skater is comfortable performing the skills gained from all previous levels.

Have additional questions or still unsure where to begin?

Call us!

(719) 385-5983

or check us out on the web:
ColoradoSprings.gov/Sertich



My Tot & Me

Ages 2½ to 3

This class gives mom or dad and their tot the opportunity to enjoy a fun, recreational activity together. Students learn how to sit and stand up on the ice, march in place, march forward and perform a two-foot glide with mom or dad's help on the ice to provide a little extra support. Mom or dad should have basic skating skills. This activity is designed for one tot and one parent.

Note: My Tot & Me classes are not directly affiliated with the Learn to Skate USA curriculum, and as such, an annual Learn to Skate USA membership isn't required.

Snowplow Sam - Discover, Learn and Play

Ages 3 to 6

The Snowplow Sam levels are introductory classes divided into four progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children six and younger develop the ABCs of movement - Agility, Balance, Coordination and speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

Based on the age and ability of the child after completion of Snowplow Sam 3, they can successfully advance to Basic 2 or Hockey 2, or progress to Snowplow Sam 4.

Snowplow Sam 1

- A. Sit and stand up with skates on - off-ice
- B. Sit and stand up - on-ice
- C. March in place
- D. March forward (8-10 steps)
- E. March, then glide on two feet
- F. Dip in place

Snowplow Sam 2

- A. March followed by a long glide
- B. Dip while moving
- C. Backward walking, toes turned inward, shifting weight (4-6 steps)
- D. Backward wiggles (6 in a row)
- E. Forward swizzles (2-3 in a row)
- F. Beginning snowplow stop motion - in place or holding onto barrier
- G. Two-foot hop, in place (optional)

Snowplow Sam 3

- A. Forward skating (8-10 strides)
- B. Forward one-foot glide, two times skater's height (R and L)
- C. Forward swizzles (4-6 in a row)
- D. Backward swizzles (2-3 in a row)
- E. Moving forward snowplow stop (two-foot)
- F. Curves

Snowplow Sam 4

- A. Forward skating
- B. Backward two-foot glide, length of skater's height
- C. Backward swizzles (4-6 in a row)
- D. Rocking horse - one forward, one backward swizzle, repeat twice
- E. Two-foot turns from forward to backward, in place (both directions)
- F. Two-foot hop, in place



Basic Skills - FUNdamentals

Ages 7 to 16

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speedskating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN, and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

Discover, Learn and Play

Basic 1 and 2: These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

FUNdamentals

Basic 3-6: These levels develop all of the fundamental skating skills on the ice. Focus is on learning the ABCs of basic athleticism: agility, balance, coordination and speed. Upon completion of these levels, skaters will be able to confidently advance to more specialized areas of skating.

Basic 1

- A. Sit on ice and stand up
- B. March forward across the ice
- C. Forward two-foot glide
- D. Dip
- E. Forward swizzles — 6-8 in a row
- F. Backward wiggles — 6-8 in a row
- G. Beginning snowplow stop on two feet or one foot
- ★ Bonus skill: Two-foot hop in place

Basic 2

- A. Scooter pushes — R and L
- B. Forward one-foot glides — R and L
- C. Backward two-foot glide — Glide the length of skater's height
- D. Rocking Horse (one forward swizzle, one backward swizzle) — Repeat twice
- E. Backward swizzles — 6-8 in a row
- F. Two-foot turns from forward to backward in place — clockwise and counterclockwise
- G. Moving snowplow stop
- ★ Bonus skill: Curves

Basic 3

- A. Beginning forward stroking showing correct use of blade
- B. Forward half swizzle pumps on a circle — 6-8 consecutive clockwise and counterclockwise
- C. Moving forward to backward two-foot turns on a circle — clockwise and counterclockwise
- D. Beginning backward one-foot glides — focus on balance
- E. Backward snowplow stop — R and L
- F. Forward slalom
- ★ Bonus skill: Forward pivots - clockwise and counterclockwise

Basic 4

- A. Forward outside edge on a circle — R and L
- B. Forward inside edge on a circle — R and L
- C. Forward crossovers — clockwise and counterclockwise
- D. Backward half swizzle pumps on a circle — clockwise and counterclockwise
- E. Backward one-foot glides — R and L
- F. Beginning two-foot spin — Up to two revolutions
- ★ Bonus skill: Forward lunges — both legs

Basic 5

- A. Backward outside edge on a circle — R and L
- B. Backward inside edge on a circle — R and L
- C. Backward crossovers — clockwise and counterclockwise
- D. Forward outside three-turn — R and L
- E. Advanced two-foot spin — 4-6
- F. Hockey stop — both directions
- ★ Bonus skill: Side toe hop — R and L

Basic 6

- A. Forward inside three-turn — R and L
- B. Moving backward to forward two-foot turn on a circle — clockwise and counterclockwise
- C. Backward stroking
- D. Beginning one-foot spin — 2-4 revolutions, optional free leg position and entry
- E. T-stops — R and L
- F. Bunny hop
- G. Forward spiral on a straight line — R or L
- ★ Bonus skill: Shoot the duck — R or L

SKATES, SAFETY, & WHAT TO WEAR



Skate boots should provide a snug fit. Your foot should not move around inside the boot. The closer the fit, the more control you will have.

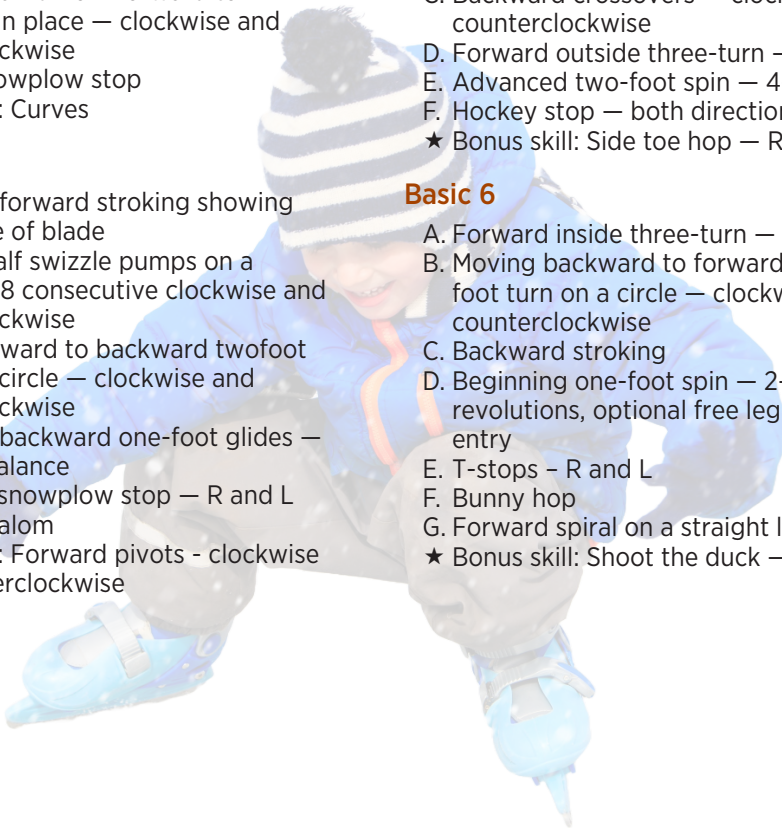
Feet will feel best in lightweight socks or tights. Lace skates by crisscrossing the laces snugly around each hook. To ensure proper support for the ankle, the tightest point of lacing should be at the instep.

Wear several layers of clothing to start, as you warm-up you can discard a layer or two. Comfort and freedom of movement are important. Try not to wear clothing that might be restrictive. Sweats or warm-ups are ideal.

Skaters who require a helmet must bring their own. Helmets are suggested for beginner skaters and are recommended for all activities. Remember to bring gloves.

Parents and spectators are not allowed on the ice during activities.

Skaters should come dressed and prepared to enter the ice after putting on skates.



HOCKEY POWER SKATING

Ages 8 to 14



- A. Powerful backward C-Cuts
- B. Forward Alternating Crossovers down the length of the ice, with wide step transitions (3 to left and 3 to right)
- C. Backward Alternating Crossovers down the length of the ice, with wide step transitions (3 to left and 3 to right)
- D. Forward power hockey turns / tight glide turns, 180 degrees and 360 degree turns
- E. Lateral pivots: forward to backward and backward to forward
- F. Fast stops and starts using powerful, full strides and quick hockey stops (right and left foot)
- G. Fast backward skating with quick backward V-stops (two-foot stops and one-foot stops, alternating feet)

Hockey

Ages 6 to 12

The Hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals to be successful in hockey practices and game situations.

Hockey 1

- A. Falling and recovery to a balanced, standing position
- B. Proper basic hockey stance (Forward and Backward)
- C. March Forward across the ice, 8-10 steps
- D. Two-foot glides and dips from forward marching across the ice
- E. Forward swizzles / double c-cuts (4 to 6 in a row)
- F. T-Push to a two-foot glide (hold 2-4 seconds) on a straight line, alternating feet
- G. Snowplow Stop, stationary
- ★ Bonus Skill: Front to Back and Back to Front turns (Stationary)

Hockey 2

- A. Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive
- B. Forward one-foot push and glide (right and left)
- C. Forward C-Cuts: single leg (right and left) and alternating feet (right and left) in a straight line
- D. Backward hustle or march, then glide on two feet
- E. Backward swizzles / double c-cuts (4 to 6 in a row)
- F. Backward C-Cuts, single leg (right and left) and alternating feet (right and left) in a straight line
- G. Two-foot moving Snowplow stop
- ★ Bonus Skills: Scooting or Skateboard push, on circle (Right & Left)

Hockey 3

- A. Lateral crossover march (both directions)
- B. Forward C-Cuts (1/2 swizzle pumps) on a circle, both directions
- C. Forward outside edges on half circles (large C's), alternating feet on the short or long axis of the rink
- D. Forward inside edges on half circles (large C's), alternating feet on the short or long axis of the rink
- E. Backward C-Cuts (1/2 swizzle pumps) on a circle, both directions
- F. Backward snowplow stops: One foot and two feet V-stop
- G. One-foot moving snowplow stop (Right and Left), introduce 1/4 turn with hips to hockey stop
- ★ Bonus Skill: Forward stops and starts

Hockey 4 - Elements

- A. Quick starts using forward V-Start
- B. Backward one-foot glide, right and left
- C. Forward Crossover glides (clockwise and counter-clockwise). Hold feet in crossed position for 2 counts
- D. Backward Crossover glides (clockwise and counter-clockwise). Hold feet in crossed position for 2 counts
- E. Forward Crossovers on circle, clockwise and counterclockwise (4-6 each)
- F. Backward crossovers on circle, clockwise and counterclockwise (4-6 each)
- G. Hockey Stops (stopping to the left and to the right, with speed)
- ★ Bonus Skill: Forward to backward Mohawk pivots (both directions, right and left) from powerful, full strides



Adult - Beginner to Advanced

Ages 16 and up

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.

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.

Adult 1

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

Adult 2

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

Adult 3

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

Advanced Adult

***Requires completion of Adult 6**

Advanced Adult is designed to bridge the gap between Adult 6 and Pre-Free Skate.

- A. Entry edge into a one-foot spin
- B. Bunny Hop
- C. Side Toe Hop
- D. Ballet Jump
- E. Mohawk (right and left)
- F. Spiral (right and left)
- G. Alternating Backward Crossovers

Note: Advanced Adult classes are not directly affiliated with the Learn to Skate USA curriculum, and as such, an annual Learn to Skate USA membership isn't required.

Adult 4

- A. Forward outside edge on a circle, R and L
- B. Forward inside edge on a circle, R and L
- C. Forward crossovers, clockwise and counterclockwise
- D. Backward one-foot glides, R and L
- E. Backward half-swizzle pumps on a circle, clockwise and counterclockwise
- F. Hockey stop, both directions

Adult 5

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

Adult 6

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

PRE-FREE SKATE

***Requires completion of Basic 6/Adult 6**



Skating Skills

- A. Forward inside open mohawk from a standstill position (R to L and L to R)
- B. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
- C. Backward outside edge to a forward outside edge transition, clockwise and counterclockwise
- D. Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise

Spins

- E. One-foot upright spin, optional entry and free-foot position (minimum three revolutions)

Jumps

- F. Mazurka (R or L)
- G. Waltz jump

Bonus Skill

- ★ Backward inside pivots, clockwise and counterclockwise

AXEL

**Requires completion of Free Skate 3*

The Axel curriculum is the culmination of the Free Skate structure, promoting proper on- and off-ice skill development and progression allowing skaters the opportunity to achieve the Axel jump. The Axel curriculum has three components, off-ice skills, on-ice skills and additional exercises, all of which build a foundation for the Axel jump.



Off Ice Elements

- A. Take-off position #1 (entry edge) on floor
- B. Take-off position #2 (step up) on floor
- C. Air position on floor
- D. Landing position on floor
- E. Axel walk-through
- F. Axel on the floor

On Ice Elements

- A. Gliding take-off position #1 (entry edge)
- B. Take-off position #2 (step up and weight transfer)
- C. Gliding backward in air position
- D. Gliding landing position
- E. Straddle Waltz jump-back spin-jump out to landing position
- F. Axel from a stand-still, side toe hop, or forward outside edge roll
- G. Axel from backward crossovers

Free Skate Advanced Classes

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps — all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as an Aspire program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

Free Skate 1

**Requires completion of Pre-Free Skate*

Skating Skills

- A. Forward power stroking, clockwise and counterclockwise
- B. Basic forward outside and forward inside consecutive edges (four to six consecutive edges)
- C. Backward outside three-turns (R and L)

Spins

- D. Upright spin, entry from back crossovers (min. four to six revolutions)

Jumps

- E. Half flip
- F. Toe Loop

Bonus Skill

- ★ Waltz jump-side toe hop-waltz jump sequence, or waltz jump-ballet jumptoe loop sequence

Free Skate 2

**Requires completion of Free Skate 1*

Skating Skills

- G. Alternating forward outside and inside spirals on a continuous axis (two sets)
- H. Basic backward outside and backward inside consecutive edges (four to six consecutive edges)
- I. Backward inside three-turns (R and L)

Spins

- J. Beginning back spin (one to two revolutions)

Jumps

- K. Half Lutz
- L. Salchow

Bonus Skill

- ★ Variation of a forward spiral, skater's choice

Free Skate 3

**Requires completion of Free Skate 2*

Skating Skills

- A. Alternating backward crossovers to back outside edges – Four sets
- B. Alternating mohawk/crossover sequence (R to L and L to R)
- C. Waltz three-turns (forward outside three turn, backward outside edge glide), clockwise and counterclockwise

Spins

- D. Advanced back spin with free foot in crossed leg position (min. three revolutions)

Jumps

- E. Loop jump
- F. Waltz jump-toe loop or Salchow-toe loop combination

Bonus Skill

- ★ Toe step sequence, skater's choice, using a variety of toe steps

Free Skate 4

**Requires completion of Free Skate 3*

Skating Skills

- A. Forward power three-turns (R and L), 3 sets each
- B. Waltz eight

Spins

- C. Forward upright spin to backward upright spin (3 revs., each foot)
- D. Sit spin (minimum three revolutions)

Jumps

- E. Half loop
- F. Flip

Bonus Skill

- ★ Split jump, stag jump or split falling leaf

Free Skate 5

**Requires completion of Free Skate 4*

Skating Skills

- A. Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise
- B. Five-step mohawk sequence, clockwise and counterclockwise

Spins

- C. Camel spin (minimum three revolutions)

Jumps

- D. Waltz jump-loop jump combination
- E. Lutz jump

Bonus Skill

- ★ Loop-loop combination

Free Skate 6

**Requires completion of Free Skate 5*

Skating Skills

- A. Forward power pulls (R and L)
- B. Creative step sequence, skater's choice, using a variety of three-turns, mohawks and toe steps

Spins

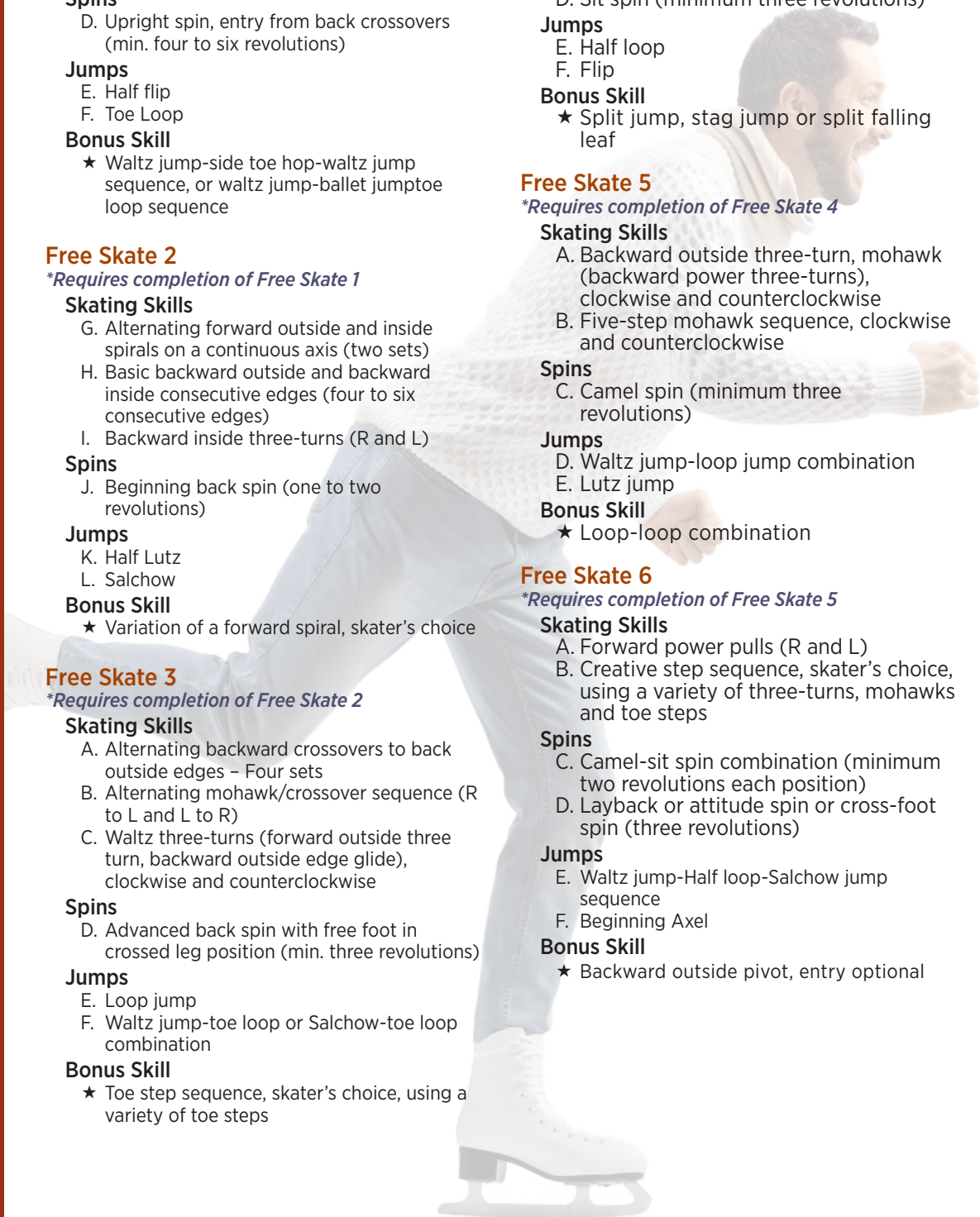
- C. Camel-sit spin combination (minimum two revolutions each position)
- D. Layback or attitude spin or cross-foot spin (three revolutions)

Jumps

- E. Waltz jump-Half loop-Salchow jump sequence
- F. Beginning Axel

Bonus Skill

- ★ Backward outside pivot, entry optional



Specialty Lessons

Advanced Classes

These classes are offered as supplemental lessons for any skater looking to improve his or her technique and capabilities.

Note: These classes are not directly affiliated with the Learn to Skate USA curriculum, and as such, an annual Learn to Skate USA membership isn't required.

Free Skate Elite

**Requires landing an Axel*

This activity is for skaters who have achieved an Axel and want to continue with group lessons. Free Skate Elite covers Axels through double jumps, and jump combinations as well as flying spins.

Dance

**Requires completion of Basic 4 or Adult 4*

This activity is great for all skaters looking to expand their skating skills. Focus is placed on basic dance step technique, edges, and turns. Patterned dances such as the Dutch Waltz, Canasta Tango and Rhythm Blues will be taught. This low-impact activity will help improve knee bend, leg extension, posture, and basic rhythm while learning to skate to music.

Patch (Classic Figures)

**Requires completion of Free Skate 1*

Patch or figures refers to circular patterns which skaters trace on the ice to demonstrate skill in placing clean turns evenly on round circles. These circles are skated using one foot at a time, as a skater masters balance, control, flow and edge to achieve clean and accurate tracings.

"40's Plus" Power (Ages 40 and up)

**Requires good command of forward and backward skating and three-turns*

This is a low-impact, high-energy activity that will focus on stamina, core strength and edge work. Basic elements emphasized are forward and backward perimeter stroking, cross rolls, power 3's and basic edges.

If you're 40 or older, join us for 30-minutes of non-stop fun!

Power

**Requires completion of Basic 4 or Adult 4*

Increase skating power with this 30-minute constant movement conditioning activity. Class will be taught based on levels of registered skaters.

Beginner Spins

**Requires completion of Free Skate 1*

This activity will cover the fundamentals of spinning. Spin entrances and exits will be reinforced with an emphasis on scratch spin, back scratch spin, sit spin and camel spin.

Advanced Spins

**Requires pre-preliminary level*

This activity will focus on flying spins, spin combinations and variations. Entrance and exit techniques are also reviewed.

Note: Skaters must have mastered four rotations of scratch spin, back scratch spin, sit spin and camel spin to enroll.



DID YOU KNOW?



Staying physically active is one of the best ways to keep your mind and body healthy. Your safety and the safety of our employees is our priority. Sertich Ice Center is taking precautions to minimize the spread of illness by disinfecting rental skates after each use.

How you can help us?

If you're feeling sick, stay home! Please don't share water bottles and other equipment. Remember to wash your hands often and for at least 20 seconds.

For more information, visit:
ColoradoSprings.gov

or refer to:
ElPasoCountyHealth.org
for the most up-to-date information.

How to Register?

Sertich Ice Center runs its Learn to Skate USA program throughout the year. During any registration period, look for a separate flyer which will contain all of the current registration information, lesson offerings, and times! Use this guide to assist you in finding the best class to begin or continue in.

Register in person

1705 East Pikes Peak Avenue
Business Hours: 9 AM - 5 PM, Monday - Friday

Register online

<http://www.ColoradoSprings.gov/Sertich>
(click on the "Learn to Skate USA" link under "Explore Sertich")



Sertich's Skating School Group Activities

Sertich Ice Center is dedicated to provide a positive learning experience, filled with lots of fun for skaters of any age.

Our objectives are to provide a safe and enjoyable skating experience, teach the correct techniques for the basic elements of skating, promote health and fitness, develop social relationships through group interaction, and teach life-long skills.

The curriculum will guide the skaters through the Learn to Skate USA test structure. However, we understand that each skater is unique and will learn at his/her own pace.

Evaluations let us know how we're doing!

We want to provide you with a quality skating experience each and every time you visit. We appreciate your feedback and want to hear from you throughout your Learn to Skate USA session. For continued improvement of services, please complete an evaluation anytime you would like us to know when you are happy with our services and where we could use some improvement (evaluations are available at the skate rental counter).

As we know your time is valuable, we would like to thank you for your feedback by providing you one courtesy public skate pass when you submit a completed evaluation.

Membership Enrollment

Annual Learn to Skate USA membership enrollment is required for participation in all Snowplow Sam, Basic Skills, Adult, Hockey, Pre-Free Skate, Free Skate, and Axel courses.

Sertich Ice Center will automatically enroll the student into the current Learn to Skate USA's membership program during registration unless the student is already enrolled in the current program year.

The Learn to Skate USA annual membership runs July 1st, through June 30th the following year.

About

Learn to Skate USA, Powered by Toyota

The Learn to Skate USA program, endorsed by U.S. Figure Skating, USA Hockey and US Speedskating, is the beginner ice skating program for both recreational and competitive skaters.

Mission

To provide a fun and positive experience that will instill a lifelong love of skating.

Objectives

Teach children and adults the fundamentals of ice skating while building confidence and skills through each lesson.

Provide a progressive curriculum that ensures success from the first steps on the ice to the mastery of advanced skills.

Promote the health and fitness benefits of ice skating.

Equip each participant with the foundation necessary to reach their goal, be it recreational or competitive in nature.

Overview

As you begin your journey on the ice, you will quickly realize that you are learning so much more than how to skate. You will be infused with the joy of improving every time you try something new. Each time you fall, you will strengthen your confidence to get back up and try again. While learning the importance of balance, discipline and tenacity, you will be reassured that even the greatest challenges can be overcome. These are more than lessons in skating; they are essential lessons of life.

Learn to Skate USA, powered by Toyota, makes these lessons easy and fun. Through our world-class curriculum and nationally certified instructors, you will be enthusiastic about learning to skate—from your first steps on the ice until the time you reach your goals. Whether you wish to enjoy the recreational benefits of skating or dream of Olympic fame, this is the place to start.

The only ice skating program endorsed by U.S. Figure Skating, USA Hockey, US Speedskating and the Special Olympics, Learn to Skate USA offers every participant a rewarding experience rooted in the lifelong benefits of ice skating.

