



Skating Club of CNY- Learn to Skate Program

LTS Class Descriptions

Listed below are the required elements in each basic skills level. All elements must be achieved before any skater can be moved to the next level.

Snowplow Sam 1 – Beginner class for ages 3-6

Standing, proper way to fall & get up, marching in place, marching forward, two-foot glide, dip

Snowplow Sam 2 – Intermediate class for ages 3-6

March into two-foot glide, dip, backward wiggles, forward swizzles, rocking horse, two-foot hop

Snowplow Sam 3 – Advanced class for ages 3-6

Forward skating, forward one-foot glides, forward swizzles, backward swizzles, snowplow stop, forward slaloms

Basic 1 – Beginner class for ages 6 and up

March forward, two-foot glide, dip, forward swizzles, backward wiggles, snowplow stop, rocking horse, two-foot hop

Basic 2 – Forward one-foot glide, backward two-foot glide, backward swizzles, two-foot turn, moving snowplow stop, forward alternating 1/2 swizzles

Basic 3

Forward stroking, forward pumps, moving two-foot turns, backward one-foot glides, forward slalom, two-foot spin

Basic 4

Forward crossovers, forward outside three-turns, backward stroking, backward snowplow stop

Basic 5

Backward edges on circle, backward crossovers, beginning one-foot spin, hockey stop, tap toe

Basic 6

Forward inside three-turns, backward to forward transitions, t-stops, lunge, spiral, bunny hops

Basic 7

Forward mohawks, backward to forward transitions, ballet jump, backward crossover to edge, forward inside pivots

Basic 8

Moving forward three-turns, combination move, one-foot spin, waltz jump, mazurka

Freeskate 1-6- Advance Skaters that have completed Basic Skills 1-8

Jumps, spins, and moves in the field

Basic Skills Synchro. – For skaters who have passed Basic Skills 5 and up

Introduction to Synchronized Skating, focusing on holds, formations and transitions with emphasis on line and positions.

Bridge – For skaters who have passed Basic Skills 5 and up

An advanced class focusing on stroking, spins, jumps, moves in the field and synchronized skating in a rotational group setting

Feel Free to stop by the LTS Registration table on Wednesdays or Saturdays if you have any questions.

You can also email us at INFO@SCCNY.ORG