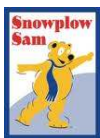


Learn to Skate Class Progression



3-5 years old enroll in Snowplow Sam

Preparatory curriculum for hockey or figure skating track. Basic principles of balance are introduced with a focus on fun. Progress is often slow and in small increments. Students must be able to stand on their own in skates to enroll.

Figure Skating Track

6-14 years old enroll in Basic 1



Basic 1-8 ("core curriculum") focuses on gliding, crossovers, edges, turns and stops.

Hockey Skating Track

6-14 years old enroll in Hockey 1.



The objectives of Hockey 1-4 are to teach the fundamentals of hockey skating. Skaters will learn the necessary basics for future success in game situations.

Hockey 1-4 focuses on gliding, crossovers, edges, turns and stops.

Adult Skating Track

15 years old and up enroll in Adult 1



Figure Skating Basic 2-8

Skaters advance through levels Basic 2-8 at their own pace. Some add a 2nd class (@ 1/2 price) and/or private lessons to progress more quickly.

Hockey 2-4

Skaters advance through levels Hockey 2-4 at their own pace. Some add a 2nd class (@ 1/2 price) and/or private lessons to progress more quickly.

Adult 2-4 Workshop

Skaters advance through levels Adult 2-4 at their own pace. Some add a 2nd class (@ 1/2 price) and/or private lessons to progress more quickly.

Figure Skating AdvantEdge Class

Skaters who have passed Basic 4 and up are invited to participate in this specialty class. This course should be taken in addition to our core curriculum classes (Basic 5-8 or Freeskiate 1-6) and/or private lessons. This is a US Figure Skating "Bridge" program course designed to expose skaters to more advanced skills and to help students who wish to compete, transition into private lessons. This class also introduces skaters to Summit Figure Skating Club, the local chapter of US Figure Skating. Full membership with Summit entitles skaters to a multitude of benefits including testing and competing privileges, reduced "Club Ice" skating fees, an annual awards banquet and more!

Visit www.Summitfigureskating.org for more info!



GYHA Learn to Play Hockey

Skaters who pass Hockey 4 progress to Greensboro Youth Hockey's Learn to Play Program. This program is designed for skaters 10 years and under, but older skaters may be allowed to participate with GYHA approval. Please direct questions or seek additional information by emailing: GYHAstars@yahoo.com.



End of Hockey Track through "Learn to" program.

Adult Workshop

Most adults continue to enroll in the Adult 4 workshop-style class to enjoy the dynamic of group class camaraderie while coaches provide guidance and instruction beyond the curriculum. Adults interested in competing or pursuing US Figure Skating tests will additionally take private lessons. Membership with Summit Figure Skating Club is required to compete beyond Basic Skills and to test.

End of Adult Track through "Learn to" program.



Power Stroking

Skaters who have passed Basic 6 and up may participate in this class to improve power and edge work through on-ice drills executed to today's top music!

Stretch Class

Skaters who have passed Basic 6 and up may participate in this class focusing on flexibility, strength and balance training; all necessary for improved on-ice performance!

Freeskiate 1-6 Workshop

Skaters who pass Basic 8 move to Freeskiate 1-6 curriculum by enrolling in our Freeskiate Workshop. Workshop classes consist of a coach or coaches rotating between skaters of varying freestyle levels. Skaters interested in competing or pursuing US Figure Skating testing beyond Basic Skills, will need to obtain a private instructor to help guide them through these more advanced goals.

Creative Movement

Skaters who have passed Freeskiate 6 and up may participate in this class to explore the artistic component of figure skating through movement and expression to various musical genres!

Ballet Class

Stretch Class is a required pre-requisite and skaters progress to Ballet only upon approval of the Ballet class instructor. This is an advanced course designed to improve body awareness, turn-out, toe point, fluid body movement and musicality.

Private Lessons - One-on-one help to pass a class, compete, test! Any level, all ages! One time or every week!