



# Adult Skill Levels



The adult curriculum is designed for the beginner and experienced adult skaters who wish to improve their skating skills. Participation will 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, adult skaters will progress at an individual rate while being challenged and motivated.

## **ADULT 1**

1. Falling and recovery.
2. Forward marching.
3. Forward 2 foot glide.
4. Forward swizzles (4-6 in a row).
5. One forward swizzle/one backward swizzle (rocking horse).
6. Dip.
7. Forward snowplow stop - 2 feet or 1 foot.

## **ADULT 2**

1. Forward skating across the width of the ice.
2. Forward 1 foot glides R & L.
3. Forward Slalom.
4. Backward wiggles
5. Backward swizzles.
6. 2 foot turns in place.

## **ADULT 3**

1. Forward stroking using the blade properly (begin with repetitive one-foot pushes).
2. Forward 1/2 swizzle pumps on the circle; 6 - 8 in a row. Clockwise and counterclockwise.
3. Moving forward to backward and backward to forward 2 foot turn on a circle, clockwise and counterclockwise.
4. Backward skating into a long 2 foot glide.
5. Forward chases on a circle, clockwise and Counterclockwise.
6. Backward snowplow stop, R & L.

## **ADULT 4**

1. Forward outside edge on a circle, R & L.
2. Forward inside edge on a circle, R & L.
3. Forward crossovers, clockwise and counterclockwise.
4. Backward 1 foot glides, R & L.
5. Backward 1/2 swizzle pumps on a circle, clockwise and counterclockwise.
6. Hockey stop both directions.

## **ADULT 5**

1. Backward outside edge on circle, R & L.
2. Backward inside edge on a circle, R & L.
3. Backward crossovers, clockwise and counter clockwise.
4. Forward inside 3-turns, R & L.
5. Forward swing rolls to a count of six.
6. Beginning 2 foot spin.

## **ADULT 6**

1. Forward stroking with crossover end patterns.
2. Backward stroking with crossover end patterns.
3. Forward inside 3 turn, R & L.
4. Forward outside to inside change of edge on a line, R & L. (beginning Power Pull)
5. T-stop, R & L.
6. Lunge.
7. 2 foot spin into 1 foot spin

# Learn to Skate FAQ Sheet

## **What class do I sign up for?**

If you have never skated before or have never had any formal instruction, we recommend starting in the following classes: Snowplow Sam 1 for ages 3 - 5, Basic 1 for ages 6 and above, Adult 1 for adults ages 15+.

## **What is included with the price of my class?**

Class fee includes 30 min. of weekly instruction, skate rental on the day of class,

## **How and when do I sign up?**

Register online at [www.kcicecenter.com](http://www.kcicecenter.com), by phone at 913-441-3033, or in person. Register early to ensure your spot, which will not be reserved until payment is received. Please register at least 48 hours before the first day of class. If there are less than 3 enrollments for a class at that point, the class may be cancelled or combined.

## **What do I need to do the first day?**

Please arrive 30 min prior to the start time of your first class. Staff will help you with your rental skates. Rental skates typically run 1 to 2 sizes smaller than street shoes. On the first day of class, all skaters will meet their instructors off ice.

## **Do you offer any discounts**

Yes? We have a multi family member discount. The 2nd and 3rd family member receives \$30 off. We also offer 2nd class discount for \$30 off another class offered during the week.

## **What do I need to wear?**

Please wear warm, comfortable, layered clothing including gloves and thin socks. Helmets are recommended for beginners, but not required. (rounded bike helmets are sufficient)

## **What is the Learn to Skate USA membership?**

All skaters are required to pay the \$16.00 annual (July 1 - June 30th) membership fee to Learn To Skate USA. This can be done by visiting [www.learntoskateusa.com](http://www.learntoskateusa.com). This provides insurance from the Learn to Skate USA for all of our skaters during class time and skaters will receive fun items such as a practice book and magazine. LTS USA is endorsed by USA Hockey.

## **Can I make up a missed class?**

If you miss a class, you can make that class up at one of the other times your skaters level is scheduled. You must contact the Skating Director or call the rink to fill out a Make up Request form and all make ups must be completed by the last day of the current session.

## **Can I get a refund?**

We do not have a refund policy on classes, however, we can hold your credit to be used at a later date or within your family.

## **Where can I purchase skates or equipment?**

Skates can be purchased in the Skate Express Pro Shop. They have a good selection of beginner skates for all ages.

Questions? Contact Kay Olive at [kolive@kcicecenter.com](mailto:kolive@kcicecenter.com) or 913-441-3033