

BEGINNER CLASS

Saturdays from 9:00 to 10:00 am

Beginner class skill requirements for certificate:

- ☒ Skate forward safely.
- ☒ Stop safely.
- ☒ One foot balance & roll on each foot for 3 seconds.
- ☒ Be prepared and comfortable with starting to learning to go backwards in the intermediate class.



Beginner Class Breakdown

5

minutes - Introduction

- ☒ Warm up
- ☒ Stretch
- ☒ Review safe skating skills

5

minutes - Cannon ball

10

minutes - Forward skating

- ☒ Marching
- ☒ Scissors (Bubbles/Lemons)

5

minutes - Game
(Instructor's choice - choose 1)

5

minutes - Forward arching

- ☒ Left foot
- ☒ Right foot
- ☒ Combination with scissor/marching

- ☒ Limbo
- ☒ Red light/Green light
- ☒ Hokey Pokey
- ☒ Lines are Lava
- ☒ Simon says
- ☒ Follow the leader

10

minutes - Forward stopping

- ☒ Toe stopping - left & right foot
- ☒ T-stopping - left & right foot



2 hours - All skaters with class or sports memberships skate for free on Saturdays 10:00 am - 12:30 pm.