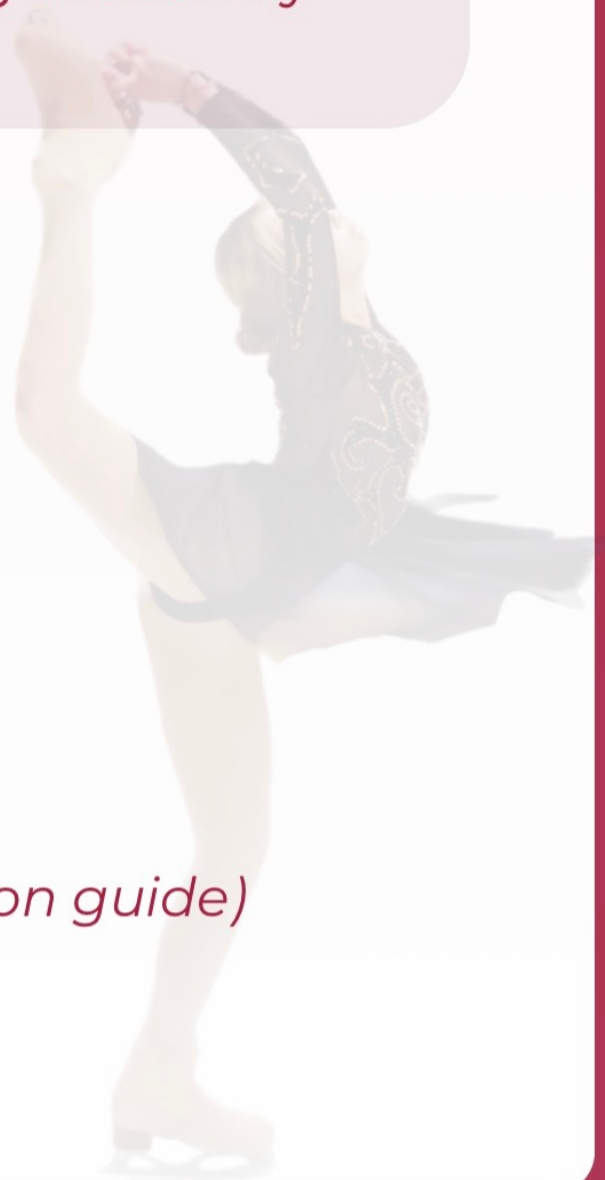




# Learn to Skate at Elite Figure Skating Academy

*(course information guide)*



# Learn to Skate at Elite Figure Skating Academy



Our Learn to Skate program is built with over 30 years of professional experience, combining proven teaching methods used in Europe, Russia and the USA



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.

## Happy Snowflake - Discover, Learn, and Play

Ages 3 to 6

**Happy Snowflake** program offers **four progressive levels** designed especially for young children with no previous skating experience. These classes help kids build confidence while **learning the basics of skating** in a fun and supportive environment. Aimed at children aged six and under, the program focuses on developing the ABCs of movement—**Agility, Balance, Coordination, and speed**—which are important building blocks for physical development and overall movement skills. Each class is taught in a **safe, encouraging setting, with games and playful activities** that make learning to skate an enjoyable experience for every child.

*Based on the age and ability of the child after completion of Happy Snowflake 3, they can successfully advance to Basic 2 or progress to Happy Snowflake 4.*

### Happy Snowflake 1

1. Sit and stand up with skates on – off-ice
2. Marching in one place - off ice
3. Hop- off ice
4. Sit and stand up – on-ice
5. March in place
6. March forward (8-10 steps)
6. March, then glide on two feet
7. Beginning marching forward & Dip
8. Hop in place
9. Beginning rocking horse at the wall
10. Beginning forward swizzles at the wall
11. Beginning snowplow stop motion at the barrier

### Happy Snowflake 2

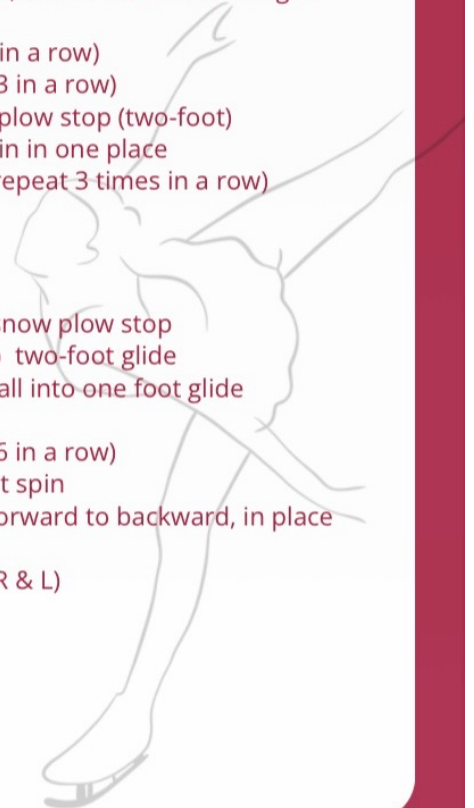
1. March followed by a long glide & dip
2. Backward marching (4-6 steps)
3. Beginning push from the wall and glide backwards
4. Forward wiggles (6 in a row)
5. Backward wiggles (6 in a row)
6. Forward swizzles (2-3 in a row)
7. Snowplow stop motion – in place or holding onto barrier
8. Marching and Two-foot hop
9. Beginning marching and spinning in one place
10. Beginning backward swizzles at the wall

### Happy Snowflake 3

1. Forward skating (8-10 strides)
2. Forward stroking in one place
3. Beginning push from the wall into one foot glide backwards ( R & L)
4. Forward one-foot glide, two times skater's height (R and L)
5. Forward swizzles (4-6 in a row)
6. Backward swizzles (2-3 in a row)
7. Moving forward snowplow stop (two-foot)
8. Beginning two foot spin in one place
9. Marching and hop ( repeat 3 times in a row)

### Happy Snowflake 4

1. Forward skating into snow plow stop
2. Backward wiggles into two-foot glide
3. Push back from the wall into one foot glide backwards
4. Backward swizzles (4-6 in a row)
5. Marching into two foot spin
6. Two-foot turns from forward to backward, in place (both directions)
7. Marching & stroking (R & L)





## Basic Skills

Ages 7 to 16

**Basic Skills** covers the essential **fundamentals of ice skating** and lays a strong foundation for figure skating, hockey, and speed skating. The program is divided into **six progressive levels** that teach forward and backward skating, stops, edges, crossovers, and turns. After successfully completing Basic Skills levels 1 through 6, skaters will be **well-equipped** to confidently move on to more specialized skating disciplines. All classes are carefully structured with an emphasis on proper **skill development**, delivered in a positive, enjoyable, and social setting. **Skaters advance at their own pace**, moving forward only once they have demonstrated mastery of each skill.

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

### Basic 1

1. Sit on ice and stand up
2. Marching forward across the ice
3. Forward two-foot glide and dip
4. Forward swizzles — 6-8 in a row
5. Forward wiggles — 6-8 in a row
6. Backward wiggles — 6-8 in a row
7. Beginning snowplow stop on two feet or one foot
8. Marching & two foot hop
9. Backward two foot glide
10. Beginning marching into the two foot spin
11. Rocking Horse at the wall
12. Beginning backward swizzles at the wall
13. Two-foot turns from forward to backward in place
14. Backward marching & dip

### Basic 2

1. Marching & forward one-foot glides — R and L
2. Backward one foot glide — R and L
3. Rocking Horse (one forward swizzle, one backward swizzle) — Repeat twice
4. Backward swizzles — 6-8 in a row
5. Moving snowplow stop
6. Marching into two foot spin
7. Marching into forwards stroking position — R and L
8. Backward marching into backward wiggles
9. Beginning crossovers in one place
10. Beginning one foot turn in one place at the barrier
11. Moving forward to backward two-foot turns in a line

### 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.*

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## Basic 3

1. Forward stroking
2. Forward Slalom
3. One foot turn in place
4. Forward half swizzle pumps on a circle — 6–8 into beginning forward outside edge and forward inside edge clockwise and counterclockwise
5. Backward swizzles into backward one foot glide ( R & L)
6. Backward stroking into backward snowplow stop
7. Beginning crossovers in a circle
8. Beginning Pivot
9. Marching into two foot spin (1/2 revolutions)
10. Moving forward to backward two- foot turns on a circle — clockwise and counterclockwise

## Basic 5

1. Backward crossovers (clockwise and counterclockwise )
2. Backward half swizzle pumps on a circle into back outside and back inside edges clockwise and counterclockwise
3. Forward outside three-turn ( R and L)
4. Advanced two-foot spin (4–6 revolution)
5. Hockey stop ( R and L) 6. Side toe hop — R and L
7. Beginning Spirals at the barrier (R and L)
8. Beginning one foot spin
9. Beginning Mohawk at the barrier

## Basic 4

1. Forward crossovers — clockwise and counterclockwise
2. Backward half swizzle pumps on a circle — clockwise and counterclockwise
3. Beginning backward crossovers
4. Forward lunges — both legs
5. Beginning two-foot spin 2/3 revolution
6. Beginning forward outside 3-turns at the barrier (R and L)
7. Beginning backward outside and backward inside edges in a circle
8. Beginning forward inside 3-turns at the barrier ( R and L)

## Basic 6

1. Backward half swizzle pumps into moving backward to forward two- foot turn on a circle (clockwise and counterclockwise )
2. One foot spin from pivot entry
3. T-stops (R and L)
4. Bunny hop
5. Forward stroking into spiral ( R and L)
6. Forward stroking into shoot the duck (R and L)
7. Forward inside 3-turn ( R and L)
8. Forward crossovers into moving forward to backward two- foot turns
9. Backward crossovers into moving backward to forward two foot turns.
10. Mohawk ( R and L)

