Basic Skills – FUNdamentals

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speedskating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN, and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

Discover, Learn and Play – Basic 1 and 2: These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

FUNdamentals – 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.

Off-ice orientation:
- Equipment check: proper fit and lacing of skates, appropriate attire, safety helmets
- Practice falling and recovery, marching in place, dips and one-foot balances in skates

Basic 1

BASIC 1

A. Sit on ice and stand up
B. March forward across the ice
C. Forward two-foot glide
D. Dip
E. Forward swizzles — 6–8 in a row
F. Backward wiggles — 6–8 in a row
G. Beginning snowplow stop on two feet or one foot
★ Bonus skill: Two-foot hop in place

Basic 2

BASIC 2

A. Scooter pushes — R and L
B. Forward one-foot glides — R and L
C. Backward two-foot glide — Glide the length of skater's height
D. Rocking Horse (one forward swizzle, one backward swizzle) — Repeat twice
E. Backward swizzles — 6–8 in a row
F. Two-foot turns from forward to backward in place — clockwise and counterclockwise
G. Moving snowplow stop
★ Bonus skill: Curves

Basic 3

BASIC 3

A. Beginning forward stroking showing correct use of blade
B. Forward half swizzle pumps on a circle — 6–8 consecutive clockwise and counterclockwise
C. Moving forward to backward two-foot turns on a circle — clockwise and counterclockwise
D. Beginning backward one-foot glides — focus on balance
E. Backward snowplow stop — R and L
F. Forward slalom
★ Bonus skill: Forward pivots - clockwise and counterclockwise

Basic 4

BASIC 4

A. Forward outside edge on a circle — R and L
B. Forward inside edge on a circle — R and L
C. Forward crossovers — clockwise and counterclockwise
D. Backward half swizzle pumps on a circle — clockwise and counterclockwise
E. Backward one-foot glides — R and L
F. Beginning two-foot spin — Up to two revolutions
★ Bonus skill: Forward lunges — both legs

Basic 5

BASIC 5

A. Backward outside edge on a circle — R and L
B. Backward inside edge on a circle — R and L
C. Backward crossovers — clockwise and counterclockwise
D. Forward outside three-turn — R and L
E. Advanced two-foot spin — 4–6
F. Hockey stop — both directions
★ Bonus skill: Side toe hop — R and L

Basic 6

BASIC 6

A. Forward inside three-turn — R and L
B. Moving backward to forward two-foot turn on a circle — clockwise and counterclockwise
C. Backward stroking
D. Beginning one-foot spin — 2–4 revolutions, optional free leg position and entry
E. T-stops – R and L
F. Bunny hop
G. Forward spiral on a straight line — R or L
★ Bonus skill: Shoot the duck — R or L

To provide a fun and positive experience that will instill a lifelong love of skating.

LEARN TO SKATE USA