

BEGINNER CLASS

SATURDAYS 9:15-10:00 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)

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

5

minutes - Forward arching

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

10

minutes - Forward stopping

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



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