PROGRAM PACKAGE INCLUDES:

Program Logo & Poster: Your Community ACTIVE COMMUNITIES





Program Level Signs:























Program Stickers or Badges:























Program Certificates:





Program Report Cards:



Program Instructor Manual:



PROGRAM LOGO



Imput your comminity name here.



PROGRAM POSTER



Pre-School & School Age Learn to Skate Lessons

This program caters to preschool age, school age children and teens at any level who want to improve their skating in a fun and motivating way.



PROGRAM STICKERS OR BADGES















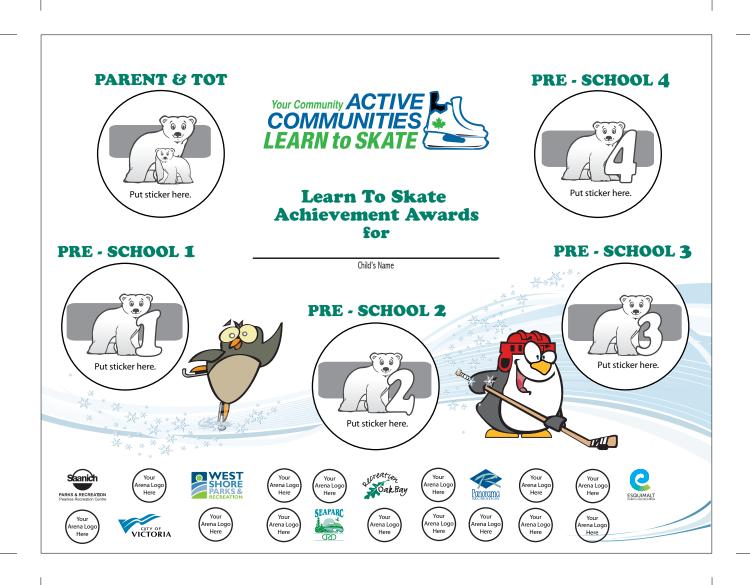




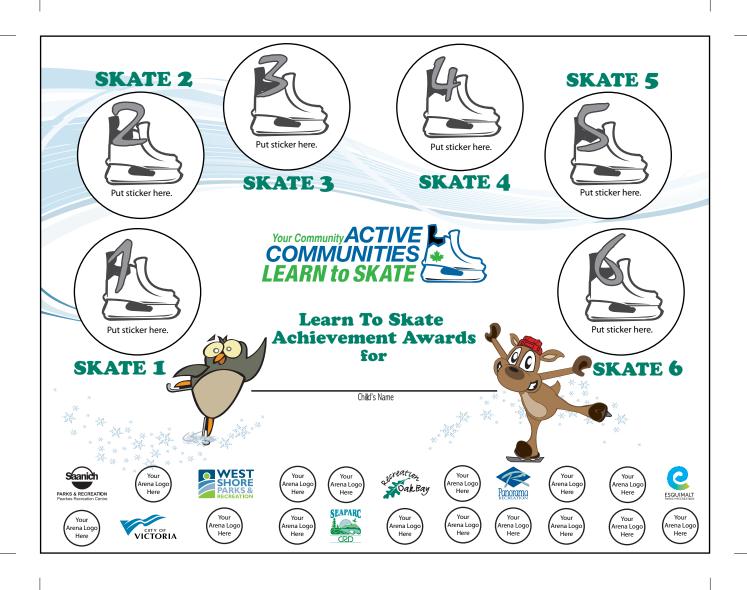




PROGRAM PreSchool Certificate



PROGRAM School Age Certificate





INSTRUCTOR MANUAL

INSTRUCTOR MANUAL

Active Communities Learn to Skate Pre-School Levels





Parent & Tot (2 – 4yrs)

- Adult and child on ice together
- Have fun and play
- Fall down and get up
- Balance on two feet
- Touch toes
- March on the spot

Description: First time skaters will get comfortable on the ice with an adult, who is comfortable on skates. The adult will be given tools and skills to assist their child in accomplishing the basics of skating. The instructor will circulate class to assist the group. Skills adults will work on with their child are: balancing on two feet, touching toes, marching, falling down and getting up! Participants must wear skates.

– PARENT & TOT IS <u>NOT</u> A PREREQUSITE TO POLAR 1.	
COMMENTS FOR THE INSTRUCTORS:	
APPROPRIATE DRILLS:	
AGE SPECFIC GAMES:	

Pre-School 1 (3 – 6yrs)

- Have fun and play
- Fall down and get up
- Balance on two feet
- Touch toes
- March on the spot
- March forward 8 steps



Description: This class utilizes a 1:4 instructor to participant ratio to ensure that the child builds confidence and has fun on the ice. Participants will be taught basic skating skills including: balancing on two feet, touching toes, walking forwards, marching, and falling down and getting up.

– PARENT & TOT IS <u>NOT</u> A PREREQUSITE TO POLAR 1.
COMMENTS FOR THE INSTRUCTORS:
APPROPRIATE DRILLS:
AGE SPECFIC GAMES:

Pre-School 2 (3 – 6yrs)

- March forward the width of the ice
- One-foot lift on the spot
- Two foot jump on the spot
- Two foot glides for 3 feet
- Make snow with either foot
- Walk backwards 8 step toes in
- Intro to V-Push



Description: This class is for children who can skate independently. Skills include: gliding, two foot jumps, making snow, and walking backwards. PREREQUISITE POLAR 1

COMMENTS FOR THE INSTRUCTORS:		
APPROPRIATE DRILLS:		
AGE SPECFIC GAMES		
	<u> </u>	

Pre-School 3 (3 – 6yrs)

- Skate with a glide the width of the ice and back with V-pushes
- One foot glides for two feet
- Two foot jump in a glide
- Touch toes while gliding
- Snowplow stops with either foot
- Two foot quarter turn on the spot
- Walk backwards with a glide
- -Intro to two foot forward sculling



Description: Children will learn skills in this course including: v-pushes, one foot gliding, two foot jump while gliding, walking backwards with some glide, two foot quarter-turns on the spot, and stopping. PREREQUISITE POLAR 2

COMMENTS FOR THE INSTRUCTORS:	
APPROPRIATE DRILLS:	
AGE SPECFIC GAMES	

Pre-School 4 (3 – 6yrs)

- Skate the width of the ice and back with speed
- Two foot glides touching toes on a curve both directions
- Snowplow stop, able to use right foot
- Snowplow stop, able to use left foot
- Backwards skating the width of the ice
- Backwards 1 foot lift
- Turn from backward to forwards
- Walking crosscuts on a line
- Intro to backwards sculling
- Intro to backwards stopping



Description: Children will learn skills in this course including:: two-foot glides on a curve, walking cross cuts,backward sculling, and backwards stopping,. PREREQUISITE POLAR 3

COMMENTS FOR THE INSTRUCTORS:	
APPROPRIATE DRILLS:	
AGE SPECFIC GAMES	



INSTRUCTOR MANUAL

Active Communities Learn to Skate Program Levels 1-6



Learn to Skate 1

- Safety Orientation
- Fall down and get up safely
- Balance on two feet
- One foot lift on the spot
- March forward 8 steps
- Glide forward 3 feet
- March backwards 8 steps
- Make snow either foot
- $\frac{1}{4}$ Turns on the spot
- Two foot jump on the spot



Description: This class is for children that do not have a lot of skating experience. It utilizes a 1:5 Instructor to participant ratio to ensure that your child builds confidence on the ice. Skills covered include: forwards gliding, marching forward, making snow, falling down and getting up, and walking backwards.

COMMENTS FOR THE INSTRUCTORS:		
APPROPRIATE DRILLS:		
AGE SPECFIC GAMES		

- Touch toes while gliding
- Forward Sculling
- V-Pushes
- Skate the width of the ice
- One foot glides for two feet
- Walk backwards with a 2 foot glide
- Snowplow stop with right or left foot
- -1/2 Turns on the spot
- Two foot jump in a glide forward



Description: This class is for children who can skate independently on the ice. Skills include: forward sculling, one foot forward glides, stopping, walking backwards with some glide, and two foot half turns on the spot. PREREQUISITE LEVEL 1 –OR- PRE-SCHOOL 3

COMMENTS FOR THE INSTRUCTORS:	
APPROPRIATE DRILLS:	
AGE SPECFIC GAMES	

- Skate strongly 2x the width of the ice
- Walking crosscuts on a line in both directions
- Forwards one foot pushing on a curve both directions
- Backwards skating width of the ice
- Backwards sculling
- Two foot backwards glide to 1 foot
- Snowplow stop with right foot
- Snowplow stop with left foot
- One foot glide on a circle



Description: Children will learn skills in this course including:, one foot glides on a curve, forwards walking cross cuts, backwards skating and sculling, two foot backwards glide to one foot and snowplow stop. PREREQUISITE LEVEL 2 – OR – PRE-SCHOOL 4

COMMENTS FOR THE INSTRUCTORS:		
APPROPRIATE DRILLS:		
AGE SPECFIC GAMES		

- Backwards 2 foot glide on a curve both directions
- Two foot side stop, one direction
- Backwards stop with speed
- Turn backwards to forwards with a two foot glide
- -Turn forwards to backwards with a two foot glide
- Two foot jump in a glide backward
- Intro to crosscuts



Description: Children will learn skills in this course including: two foot stop, forwards crosscuts,, turning forwards to backwards and backwards to forwards, and two foot jump in a glide backwards. PREREQUISITE LEVEL 3

COMMENTS FOR THE INSTRUCTORS:	
APPROPRIATE DRILLS:	
AGE SPECFIC GAMES	

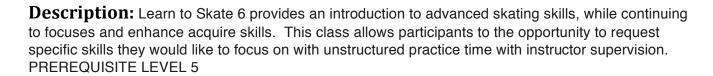
- Forwards crosscuts clockwise
- -Forwards crosscuts counter-clockwise
- -Fast forward start from backwards stop
- Backwards 1 foot glide on a curve both directions
- Fast backward start from side
- Two foot side stop, both directions with speed
- Backwards Mohawk turn
- -One foot jump gliding forwards



Description: Children will learn skills in this course including: Backwards Mohawk turn, two foot stop in both directions, one foot jump gliding forward, fast backwards start and fast forward start from back stop. PREREQUISITE LEVEL 4

COMMENTS FOR THE INSTRUCTORS:		
APPROPRIATE DRILLS:		
AGE SPECFIC GAMES		

- Backwards crosscuts clockwise
- Backward crosscuts counter-clockwise
- One foot side stop both directions
- Strong forward outside edges on a curve
- Strong forward inside edges on a curve
- Forwards to backwards one foot turn
- Tight turns with speed regaining acceleration **OR** 2 Foot Spin
- Quick acceleration forward starts $\mathbf{OR}\ 1$ foot jump forwards to backwards on a curve



OMMENTS FOR THE INSTRUCTORS:	
PPROPRIATE DRILLS:	
GE SPECFIC GAMES	



Jr. Leaders Learn to Skate (12 - 16 years) - Optional for your Arena

(Class offered during LTS lesson and during Adult and Teen Lesson Ice time)

- Review of all Learn to Skate Level 1-6 Skills
- Appropriate progression levels towards each skill
- Communication tools to illustrate skating skills
- Lesson Plan development
- Participants will be responsible for planning, executing a full lesson to the class.

Description: The class is for participants that have accomplished all the Learn to Skate levels and would like to acquire the skills and tools needed to instruct basic to advance skating skills clearly and correctly. Graduation from the program is desirable when applying for employment as a skating instructor.

COMMENTS FOR THE INSTRUCTORS:	
APPROPRIATE DRILLS:	
AGE SPECFIC GAMES	

