

1 Learn to Skate

- Tot 1, 2, 3, 4
 - Ages 4-5
 - No Experience
 - Helmets Required
- Pre-Alpha
 - Ages 6 & Up
 - No Experience
 - Helmets Required
- Alpha
 - Age may vary
 - Prerequisite - Tot levels and/or Pre-Alpha based on age

2 Intermediate Skating Program

(Prerequisite - Alpha)

*Strongly recommend the purchase of personal skates at this point.

- Beta
- Gamma
- Delta
- Freestyle 1
- Freestyle 2

3 Freestyle

- Freestyle Levels 1-10
- Each level contains jumps, spins, footwork and connecting move elements

Freestyle Sessions

- Freestyle sessions are the allotted practice slot for figure skaters
 - Any skater that is Beta level and above has the ability to utilize this ice time
 - Please speak to the Skating Director for details on price, rules and what to expect for first-time skaters on the sessions
- Private Lessons take place on Freestyle sessions

4 Extended Skating Opportunities

- Local, Regional, National, and International Competitions
 - ISI - Championships, Worlds
 - USFS - Regionals, Sectionals, Nationals, Olympics, Worlds
- Collegiate Skating
- Adult Skating
- Professional Skating
 - Holiday On Ice
 - Cirque du Soleil
 - Disney On Ice

* Private Lessons

(No Prerequisites)

- Speak to Skating Director for more information:
 - There are no age or level restrictions, but recommended as the skater approaches the Freestyle 1 level
 - Selection process of a private lesson instructor that is right for the skater
- Discuss goals that the skater may have
- Determine the skater's discipline:
 - Ice Dance, Pairs, Singles, Synchro
- Determine if the skater wants to skate recreationally or competitively
- Discuss potential skating show opportunities for all levels