

## General Information

For your skating class, decide in advance what to wear. A jacket or sweater, sweatpants, ordinary socks and gloves are the only clothing required. A helmet or hat is optional. It is generally better to have a few thinner layers that allow maneuverability than bundle up in one thick jacket which will restrict movement.

Children especially find that large jackets can be cumbersome when they are learning to get their balance. Woolen gloves or mittens are preferable as the wool allows grip on the ice if you fall

Arrive at the rink at least thirty minutes before your scheduled group lesson time. It takes time to get ready for figure skating.

You must allow time to put on your skates, your gloves and use the restroom.

Don't arrive at the rink at the last minute, or you'll miss part of your skating class.

Make sure your skates fit properly and that you have tied your skates correctly. Don't be afraid to ask someone who works at the rink for help with this.

Once you have learned the basic skills, you can continue in your Learn to Skate group lessons and consider supplementing group lessons with private skating lessons.

Your instructor will teach you the figure skating basic skills. To advance and improve in skating, you should now consider private lessons and choose a private coach.

Ask your Skating Director or other parents/skaters for advice and see if you can try lessons with a few coaches in order to find who suits you best.

The only way to improve at figure skating is to practice. Supplement every lesson with at least one hour of practice. Remember, the more time you spend on the ice the better skater you will become.

Ask your Pro Shop for advice on what skates to buy. They will assist you in finding the correct boots (whether figure or hockey) that fit your budget and level.



The Pond Ice Arena  
101 John F. Campbell Drive  
Newark, DE 19711  
302-266-0777 302-266-7793 fax  
[www.thepondicearena.com](http://www.thepondicearena.com)

Phone: 302-266-0777  
Fax: 302-266-7793  
E-mail: [Its@thepondicearena.com](mailto:Its@thepondicearena.com)  
[www.thepondicearena.com](http://www.thepondicearena.com)



## Learn to Skate Training Skills Information



## Where skating is FUN!!

The Pond Ice Arena  
101 John F. Campbell Drive  
Newark, DE 19711  
302-266-0777 302-266-7793 fax  
[www.thepondicearena.com](http://www.thepondicearena.com)

## Tots 1

Proper Way to Fall

Proper Way to Get Up

Marching In Standing Position

Marching While Moving

## Tots 2

Two Foot Jump in Place

Forward Swizzle Standing Still

Single Swizzle

Beginning Two Foot Glide

## Tots 3

Push and Glide Stroking

Preparation for Snowplow Stop

Dip

Forward Swizzle

## Tots 4

T-Position and Push

(Right & Left)

Backward Swizzle

Two Foot or One Foot Snowplow  
Stop

Backward Wiggle

## Pre-Alpha

Two Foot Glide  
One Foot Glide  
Forward Swizzle  
Backward Wiggle  
Backward Swizzle

## Alpha

Forward Stroking  
Right Forward Crossovers  
(Right Foot Over Left)

Left Forward Crossovers  
(Left Foot Over Right)

One Foot Snowplow Stop

## Beta

Backward Stroking  
Right Backward Crossover Strokes  
(Right Foot Over Left)

Left Backward Crossover  
(Left Foot Over Right)

T-Stop Right Foot Out-side Edge  
T-Stop Left Foot Out-side Edge

## Gamma

Right Forward Outside Three Turn  
(One Foot Turn)

Left Forward Outside Three Turn  
(One Foot Turn)

Right Forward Inside Open  
Mowhawk Combination

Left Forward Inside Open  
Mowhawk Combination

Hockey Stop

## Delta

Right Forward In-side Three Turn  
(One Foot Turn)

Left Forward In-side Three Turn  
(One Foot Turn)

Forward Edges

Forward Outside Edges

Forward Inside Edges

Shoot-the-Duck or Lunge

Forward or Backward Shoot-the-  
Duck

Forward Lunge & Bunny Hop