

BOWIE ICE ARENA GROUP LESSON CLASS MANEUVERS

- ◇ **Tall & Small**—(18 months-3 years) Parent assisted class where music, games & toys are used to introduce the basics. Both child & parent wear ice skates.
- ◇ **Tot 1** (3-5 years) - Sit/Fall and get up from kneeling, skate/march across ice without falling, forward two-foot glide, forward swizzle in place & backward wiggle.
- ◇ **Tot 2** (must complete Tot 1) - Forward swizzles, moving dip, two-foot snow plow stop, backward glide, backward swizzle in place and two-foot turns.
- ◇ **Tot 3** (must complete Tot 1 & 2) - Backward swizzles, forward one-foot glide, T-pushes with two-foot & one-foot glide, two-foot turns and forward 1/2 swizzles.
- ◇ **Tot 4** (must complete Tot 1, 2 & 3) - Backward swizzles, two-foot turns, 1/2 swizzles on circle and one-foot glide on circle.
- ◇ **Pre-Alpha** (beginners 6 years & up) - Two-foot glide, one-foot glide, forward swizzles, backward swizzles, backward wiggle, two-foot snow plow stop and moving dip.
- ◇ **Alpha**—Forward stroking, forward crossovers (both ways), one-foot snow plow stop, 1/2 swizzles on circle and edge pushes.
- ◇ **Beta**—Backward stroking, backward crossovers (both ways), T-stop (left & right) and backward 1/2 swizzles on circle.
- ◇ **Gamma**—Forward outside three turns on each foot, Mohawks left & right and hockey stop
- ◇ **Delta**—Forward inside three turns left & right, forward outside & inside edges, shoot the duck or lunge & bunny hop.
- ◇ **Freestyle 1-7**—Jumps, spins, dance steps, connecting elements and footwork pertaining to specific ISI skill level.
- ◇ **Core Conditioning**— An off ice class designed to help improve jumps, spins and flexibility for figure skaters.
- ◇ **Hockey Skills**— A 45 minutes class designed to teach basic hockey skills including: skating, stick handling, shooting and passing. Must have completed Pre-Alpha and have full hockey equipment.

SERIES 3 GROUP LESSON CLASS SCHEDULE (FEBRUARY 11-APRIL 3)

Thursdays (Feb. 11-March 25)

- 4:30 pm** Tot 1
Tot 2
Pre-Alpha
Freestyle (all levels)
- 5:00 pm** Tot 3/4
Alpha
Beta
Competition Prep Class
- 5:15-6 pm** Hockey Skills
- 5:30 pm** Tot 1
Pre-Alpha
Gamma/Delta
Adults (All Levels)

Fridays (Feb. 12-March 26)

- 9:00 a.m.** Tall & Small
Adults
- 9:30 a.m.** Tot 1-4
- 10:00 a.m.** Pre-Alpha
Alpha/Beta
- 10:30 a.m.** Gamma/Delta
Freestyle

Saturdays (Feb. 20-April 3)

- 9:00 a.m.** Power Stroking
- 9:45 a.m.** Freestyle
Gamma
Delta
- 10:30 a.m.** Tot 1
Tot 2
Pre-Alpha
Alpha
Adults (All Levels)
Core Conditioning (off ice class)
- 11:00 a.m.** Tot 1
Tot 2
Pre-Alpha
Alpha
Beta
- 11:30 a.m.** Tall & Small
Tot 1/2
Tot 3/4
Pre-Alpha
Gamma/Delta
Adults (All Levels)

**Sign up for TWO classes
& receive a \$10.00
discount on the
second class.
Beginner discounts
available ask for details**

**Registration will be held January 28-February 11.
from 12 p.m.—7 p.m. at the ice arena.
Registration must be made in person by a parent or guardian.
Please register early to avoid a late fee.**