

## 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 1-8** - Jumps, spins, dance steps, connecting elements and footwork pertaining to specific ISI skill level.
- ◇ **Power Edge** - A high tempo class with music for advanced skaters. Improve endurance, speed & control through various drills and USFS Field Moves.
- ◇ **Hockey Skills** - A 45 minute class for basic hockey skills including: skating, stick handling, shooting and passing. Must have completed Pre-Alpha and have full hockey equipment.

## SERIES 2 GROUP LESSON CLASS SCHEDULE - WINTER SESSION

### Thursdays (December 9-February 3)

- 4:30 pm** Tot 1  
Tot 2  
Pre-Alpha  
Freestyle (all levels)
- 5:00 pm** Tall & Small  
Tot 3/4  
Alpha  
Beta
- 5:15-6 pm** Hockey Skills
- 5:30 pm** Tot 1/2  
Pre-Alpha  
Gamma/Delta  
Adults (all Levels)
- 6:00 pm** ISI Synchro Teams

### Fridays (December 10-February 11)

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

### Saturdays (December 11-February 12)

- 8:45 a.m.** Power Edge
- 9:15 a.m.** Freestyle (all levels)  
Gamma  
Delta
- 10:00 a.m.** Tall & Small  
Tot 1  
Tot 2  
Pre-Alpha  
Alpha  
Skating for Hockey
- 10:30 a.m.** Tot 1/2  
Tot 3/4  
Pre-Alpha  
Alpha  
Beta  
Adults (All Levels)
- 11:00 a.m.** ISI Synchro Team  
Ice Dance
- 11:30 a.m.** Adult Performance  
ISI Synchro Team
- 12:00 p.m.** ISI Production Team

**Sign up for TWO classes & receive a \$10.00 discount on the second class. Ask about our beginner discounts!**

**\$125 Bowie Res  
\$135 Non-Res**  
\*\*Sign up during the scheduled registration dates and get a \$10 early bird discount.

*No classes Dec 24-Jan 1*

**\*Registration will be held Nov 18-Dec 6 - space is limited!  
A \$10 Early bird discount will be applied to all registrations completed during the scheduled registration period.**