

Learn to Skate Levels



Snowplow Sam

Glide and dip

Forward skating

Skate and hop

Basic 1

Forward swizzles (4 – 6)

Backward skating

Snowplow stop

Basic 2

Backward swizzles (4 – 6)

Rocking horse

Backward gliding on two feet

Forward gliding on one foot (right and left)

Basic 3

Forward stroking

Forward slalom

Backward snowplow stop (right or left)

Backward gliding on one foot (right and left)

Basic 4

Two-foot spin

Lunge

Forward crossovers (both directions)

Backward gliding on one foot (right and left)

Basic 5

Hockey stop

Two-foot spin

Forward outside 3-turn (right and left)

Backward crossovers (both directions)

Basic 6

Bunny hop

T-stop

Forward spiral

Forward inside 3 – turn (right and left)

One-foot spin

Pre-free Skate

Waltz jump

Mazurka

Backward pivot

One-foot spin

Mohawk (right and left)