

Learn To Skate Lessons



Session 2 Winter

Sprinker Recreation Center

14824 C Street South - Tacoma, Washington 98444
253.798.4000



www.piercecountywa.gov/icearena

	Monday	Wednesday	Thursday	Saturday
	Nov 22-Jan 24	Dec 1-Feb 2	Dec 2-Feb 3	Not offered until Session 3
\$15 ISI Membership Fee Required All Learn To Skate Participants must be a current member Membership will end Aug. 31, 2022	8 weeks - \$80 5:45/6:15 pm no class Dec 20,27	8 weeks - \$80 5:45/6:15 pm no class Dec 22, 29	8 weeks - \$80 10:30 AM no class Dec 23,30	
PreSkate Ages : 4-6				
PreSkate 1	5:45-6:15 pm	NA	10:30-11:00 am	NA
PreSkate 2	5:45-6:15 pm	NA	10:30-11:00 am	NA
PreSkate 3	5:45-6:15 pm	NA	10:30-11:00 am	NA
PreSkate 4	5:45-6:15 pm	NA	10:30-11:00 am	NA
Beginning 1 Ages 7+	5:45-6:15 pm	5:45-6:15 pm	10:30-11:00 am	NA
Beginning 2	5:45-6:15 pm	5:45-6:15 pm	10:30-11:00 am	NA
PreAlpha	*5:45-6:15 pm	*5:45-6:15 pm	10:30-11:00 am	NA
Alpha 1 & 2	6:15-6:45 pm	6:15-6:45 pm	10:30-11:00 am	NA
Beta 1 & 2	6:15-6:45 pm	6:15-6:45 pm	10:30-11:00 am	NA
Gamma 1 & 2	6:15-6:45 pm	6:15-6:45 pm	NA	NA
Delta 1 & 2	6:15-6:45 pm	6:15-6:45 pm	NA	NA
Advanced Levels				
Beg. Freestyle & FS 1	6:15-6:45 pm	6:15-6:45 pm	NA	NA
Beg. Freestyle 2 & FS 2	NA	*5:45-6:15 pm	NA	NA
Beg. Freestyle 3 & FS 3	NA	NA	NA	NA
Beg. Freestyle 4	NA	NA	NA	NA
Day of Lesson Practice Time	Practice time 6:45pm	Practice time 6:45pm	Practice time 11:00am	

**class time subject to change based on enrollment*

Are You Ready to Skate?

Please arrive 15 minutes prior to the start of class!
Did you remember socks, helmet, gloves
and a great attitude!

Attendance Punch Card will be given at the Control Room
on the first day of class.
Card must be shown/punched each week.

Questions contact

Janice Forbes, Figure Skating Program Coordinator
253.798.4045

Registration Opens

October 6

By Phone @ 253.798.4000

Online @ www.piercecountywa.gov/icearena
In Person @ Sprinker Recreation Center

PreRegistration is required and may not be available
on the first day of class.



Pierce County Parks

EVERYDAY ADVENTURES



Proper Way to Fall
 Proper Way to Get Up
 Marching in place
 Marching while moving
 Two Foot Jump in Place
 Fwd Swizzle in place
 Single swizzle
 Beg. Two-Foot Glide



Push and Glide Stroking
 Prep for Snowplow Stop
 Dip
 Forward Swizzle
 T-Position & Push
 Backward Swizzle
 Snowplow Stop
 Backward Wiggle



Proper Way to Fall
 Proper Way to Get Up
 Beg. Two-Foot Glide
 Beg. One Foot Glide
 Forward Swizzles
 Backward Wiggles
 Backward Swizzles
 Beg. Snowplow Stop



Two-Foot Glide
 Left -One Foot Glide
 Left -One Foot Glide
 6-Forward Swizzles
 6-Backward Wiggles
 6-Backward Swizzles
 Snowplow Stop



Forward Stroking
 Forward Crossovers*
 *Left over Right
 *Right over Left
 One Foot Snowplow Stop



Backward Stroking
 Backward Crossovers*
 *Left over Right
 *Right over Left
 T-Stop
 Right Foot Outside Edge
 Left Foot Outside Edge



Right Forward Outside 3-turn
 Left Forward Outside 3-turn
 Right Forward Inside Open
 Mohawk Combination
 Left Forward Inside Open
 Mohawk Combination
 Hockey Stop



Right Forward Inside 3-turn
 Left Forward Inside 3-turn
 Left -One Foot Glide
 Forward Outside Edges
 Forward Inside Edges
 Shoot the Duck
 Lunge & Bunny Hop



Forward Inside Pivot
 Two Foot Spin
 Forward Arabesque
 Backward Outside Edges
 Backward Inside Edges
 One-Half Flip Jump
 Waltz Jump



Ballet Jump
 Jump Sequence:
 Waltz/Tap-Toe/3-turn/
 One-Half Flip Jump
 One Foot Spin
 Two Forward Arabesques*
 *either foot/either edge
 Dance Step Sequence



Backward Pivot
 Salchow Jump
 Change Foot Spin
 Backward Arabesque
 Toe Loop Jump or
 Toe Walley Jump
 Dance Step Sequence



Must test with Private Lesson Coach
 Flip Jump Loop Jump
 Sit Spin
 One-Half Loop Jump
 Two Backward Arabesques
 *Right and Left foot
 Backward Outside 3-turn
 Backward Inside 3-turns

