

# Iceoplex Escondido Skating School Class Descriptions

## **Tot Starter** (Ages 3 - 5)

This class is designed for little ones to get introduced to skating and have fun. They will be introduced to basic skills such as the proper way to fall down and get up, standing by themselves, and being able to move on their own.

## **Tot 1** (Ages 3 – 5)

For little skaters who have completed Tot Starter. Tots should be able to skate by themselves and will be introduced to the Skate 1 curriculum.

## **Tot 2** (Ages 3 – 5)

For little skaters who have completed Tot 1. The curriculum will follow the Skate 1 level and be introduced to Skate 2 curriculum.

## **Tot 3** (Ages 3 – 5)

For little skaters who have completed Tot 2. The curriculum will follow the Skate 2 level and be introduced to Skate 3 curriculum.

## **Skate Starter** (Ages 6 to 15)

This class is for anyone who has never stepped on the ice before! In this class you will build confidence and work your way up the skill ladder!

## **Skate 1** (Ages 6 to 15)

This class is for beginners who have never taken lessons before but is able to move on their own. If ready they will be introduced to the Skate 1 curriculum.

## **Skate 2** (6 years and Over)

Open to skaters who have passed Skate 1. Skaters will learn controlled forward stroking and crossovers. If ready, they will be introduced to the Skate 3 curriculum.

## **Skate 3** (All Ages 6 years and Over)

This class is open to all skaters who have passed Skate 3. Backward skating is emphasized. If skaters are ready, Skate 4 elements are introduced.

## **Skate 4-5** (6 years and Over)

This class is two levels in one. It's open to skaters who have passed Skate 3. We encourage skaters to take this class more than once since there are several maneuvers to master before moving on to Freestyle 1-2

## **Freestyle 1-2** (6 years and Over)

This is two levels in one. Skaters will learn fundamentals of free skating; including backward edges, ½ jumps, spirals and spins.

## **Freestyle 3-4** (6 years and Over)

Skaters will learn more advanced skills building on what they learned in Freestyle 1-2. Full jumps will be introduced along with more spins.

## **Freestyle 5-6** (6 years and Over)

Skaters will learn various jumps, spins, footwork, and artistic maneuvers in preparation for competitive skating. Skaters working on Axels may take this class.

## **Edges/MIF (Moves in the Field)** (Adults)

Skaters will have the opportunity to refine is their edges and be introduced to different Ice Dances. Classes alternate weekly between MIF and dance.

## **Adult Starter** (Ages 16 and Over)

This class is for adult and teen skaters with little or no experience. Skaters will learn forward and backward skating plus other basics skills.

## **Adult 1** (Ages 16 and Over)

For the adult and teen skater who is able to skate on their own and is ready to follow the Skate 2 – 3 curriculum.

## **Adult 2** (Ages 16 and Over)

This class is geared towards the adult skater who has mastered basic skills and is ready for jumps and spins.

## **Adult 3-4** (Ages 16 and Over)

This class is for the more experienced adult skaters who wish to perfect their skills, jumps and spins.

## **Hockey Tots** (Ages 3- 6)

Skaters will learn basic hockey skating skills and learn how to handle the puck. It is required to be able to skate without assistance to be eligible for this class. Full gear is required. This class must be taken in order to try out for our in-house hockey leagues.

## **Beginner Hockey** (Ages 6 and Over)

Skaters will learn basic hockey skating skills and learn how to handle the puck. It's required to be able to skate without assistance to be eligible for this class. Full gear is required. This class must be taken in order to try out for our in-house hockey leagues.

## **Best Friends** (Ages 3 and Over)

This class is designed for little ones who aren't quite ready to take to the ice on their own. In this class they can have fun with a friend or family member over the age of 16 and learn basic skating skills. We incorporate games, toys, and drawings on the ice to teach them basic skills while having fun! They can all have fun learning together!

## **Power Skating** (Please see Skating Director if skater is eligible)

This class is designed for skaters to build stamina and agility while having fun skating to music non-stop for 30 minutes.

## **Special Skaters** (Please contact the Skating Director for details)

For individuals who are developmentally disabled. Give them the opportunity to learn ice skating with our staff that is professionally trained and volunteer their time to work with special needs skaters. Skaters can also improve their social skills in a fun, encouraging, and motivating environment.

## **Ballet for Figure Skaters** (Ages 6 and up. Must be at least the Skate 4 level (ISI Gamma Level, USFS No Test Level)

Skaters will learn the fundamentals of classical ballet that will help further their skating development as well as establish body awareness and flexibility.

This is an opportunity to work on skating elements on dry land and in front of mirrors so they get a visual concept of their body placement.

**For more information, please contact the Skating Director, Lexie Fernandez. [lexie@iceoplex.com](mailto:lexie@iceoplex.com) or 760.489.5550 x303**

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