ROADMAP TO SKATING
AT YOUR LOCAL STARCENTER

FREESTYLE 3
Toe Loop, Waltz Jump – Toe Loop combo on circle, Salchow Toe Loop Combo on circle, Spiral Sequence – tie two spirals together, forward to backwards, with a 3-turn or Mohawk, Forward Power 3-turn sequence (R & L), Alternating Forward Chasse sequence, Back spin from forward entry (3+ revs), Sit Spin (3+ revs), Change Foot Spin: Forward Scratch to Back Scratch (3+ revs each)

FREESTYLE 2
Backward Outside & Inside Consecutive Edges, Forward Inside & Outside Spirals (L/R, both directions), Alternating Forward Chasse sequence, Waltz 3-turns on a circle (both directions), Backward Inside 3-turns (both directions), Intro Back spin from back pivot (3+ revs), Salchow, 1/2 Lutz Jump, Waltz Jump – Tap Toe – Waltz Jump combo

FREESTYLE 1
Advanced forward stroking (cross over, inside edge), Advanced Backwards warmup (back crossover, lea), Intro to Cross Strokes (forward/backwards), Intro to Power-Pulls (forward/backward), Alternating forward outside & inside edges (4-6 consecutive), Back Outside 3-turns (both directions), Scratch Spin from back crossovers, Waltz jump from back crossovers, 1/2 Flip

FREESTYLE

BASIC 5
Forward outside/inside 3-turn (R & L) from a stand-still, Moving backward to forward, 2-foot turn on a circle (both directions), T-Stop (R &/or L), Hockey Stop, Bunny Hop, Forward Lunge, Intro spiral

BASIC 4
Backward stroking, Backward outside edge on a circle (R & L), Backward Inside edge on a circle (R & L), Backward crossovers, Backward snowplow stop, Slide toe-hop (both directions, 1-foot spin from pivot (optional)

BASIC 3
Forward outside edge on a circle (R & L), Forward Inside edge on a circle (R & L), Forward crossovers (clockwise & counter clockwise), Forward 1-foot snowplow stop (both feet), Backward 1/2 swizzle pumps on a circle

BASIC 2
2-foot Turn from forward to back, Moving snowplow stop, Forward alternating 1/2 swizzle pumps in a straight line, Forward stroking, Forward 1/2 swizzle pumps in a circle, Moving forward to backward 2-foot turn (clockwise & counter-clockwise), Backward 1-foot glides, Forward slalom, 2-foot spin (optional)

BASIC 1
Sit on ice & stand up, March forward across the ice, 2-foot glide, Dip, Forward Swizzles (6-8 in a row), Backward wiggles (6-8 in a row), Snowplow Stop, Rocking Horse 2-3, 2-foot hop in place, Forward 1 foot glides (R & L), Backward 2-foot glides, Backward Swizzles 6-8

BASIC

ADULT CLASSES

TOT CLASSES

1 - 3
Ages 16 & Above

3 & 4
Ages 3 & 4

1 & 2
Tots Join Basic 2 after passing TOT 2.

1 - 3
Ages 5 - 15

Adults who pass Adult 3 begin Basic 4 curriculum in Adult Classes.

Start Here

Skaters transition fully to the Bridge Program of their choice once they have graduated from Skating Academy. This program will focus on higher level skills in the area in which the skater chooses.