

Skating Progression Chart

PROGRESSION CHART AGES 3-5

PARENT/TOT (optional)

Skills developed: skating, falling, getting up, marching on ice.

SNOWPLOW SAM 1

Skills developed: sitting, standing, marching, gliding, dipping.

SNOWPLOW SAM 2

Skills developed: Glides, moving dips, wiggle, swizzles, 2-foot hop.

SNOWPLOW SAM 3

Skills developed: Forward skating, 1-foot glides, swizzles, stops and curves.

SNOWPLOW SAM 4

Skills developed: forward edges & crossovers and more.

BEGIN BASIC LEVELS

Contact Cathy Brown for placement at skate_academy@pdop.org.

PROGRESSION CHART AGES 6-15

BASIC 1

Skills developed: Sitting, standing, marching, glides, dips, swizzles and more

BASIC 2

Skills developed: 1-foot glides, backward swizzles, 2-foot turn and more

BASIC 3

Skills developed: Forward stroking, half swizzle pumps, 2-foot turns and more

BASIC 4

Skills developed: Forward edges, crossovers, outside 3-turn from stand still and more

BASIC 5

Skills developed: Backward edges and crossovers, beginning 1-foot spin and more

BASIC 6

Skills developed: Continue to perfect Basic 5 skills and more

BEGIN FREESKATE LEVELS

PROGRESSION CHART AGES 6-18

PRE-FREE SKATE

Skills developed: Mohawk jump, Ballet jump and more

FREESKATE 1

Skills developed: Consecutive edges, half flip, toe loop and more

FREESKATE 2

Skills developed: Outside & inside consecutive edges and spirals, half lutz and more

FREESKATE 3

Skills developed: Forward & backward crossovers, consecutive swing rolls and more

FREESKATE 4

Skills developed: Spiral sequence, forward power three turns, sit spin and more

FREESKATE 5

Skills developed: Continue to perfect Freeskate 4 skills

FREESKATE 6

Skills developed: Alternating back crossovers, 5-step Mohawk sequence and more

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