



2020-2021 NCWC Class Descriptions



- **Learn to Skate "LTS" (3 year olds): Snow Plow**

For our littlest skaters, the 3 year olds will go from sitting to marching and skating through games and fun. This class meets 2 times a week.

- **LTS 1: Snow Plow 1-3 (ages 4 and up)**

Skaters will learn the fundamentals of skating through a chronological skill curriculum, games and skating aids. This class meets 2 times a week.

- **LTS 2: Snow Plow 4, Basic 1**

Skaters are building on the fundamentals and will gain more comfort and confidence on the ice through instruction and games. This class meets 2 times a week.

- **LTS 3: Basic 1 & 2**

Basic skills are developed with greater focus on backward skating and turns. Skaters wishing to move up to either Hockey or Figure Skating should complete the skills taught through Basic 2. This class meets 2 times a week.

- **Hockey Skating Skills: (ages 4 and 6) Basic 1 & 2 / Hockey 1-3 curriculum**

Early skaters moving into hockey or looking to develop their skating skills will learn more advanced/hockey specific skills (ie. Forward stride, turns, pivots, direction change, stops/starts). Fun is our objective! Rising hockey players will be learning without knowing it. Full gear encouraged.

Skaters should have certified helmet with cage, shin pads and elbow pads. **Prerequisite:** Basic 1 skills and can skate independently.

- **Intermediate: Basic 3 and some Basic 4**

This class is open to those interested in hockey or figure skating and those interested in developing their basic skating.

- **Preliminary: Basic 4 and some Basic 5**

Designed for skaters wishing to learn more figure skating specific skills: turns, spins, beginning jumps. Basics of choreography and skating to music are also taught at these levels.

- **Junior: Some Basic 5 and Basic 6**

Skills at the Junior level become more advanced and set skaters up for learning more challenging turns, spins and jumps. Skaters will develop stronger edges and power while also learning many of the "fun" tricks commonly seen in figure skating.

- **Senior: Pre-Free Skate and Free Skate 1**

Skaters who pass the all Basic levels and the Pre Free Skate receive the Keever Award at the end of year banquet. The skills acquired at the Basic level prepare skaters for moving up to the Free Skate levels where the curriculum takes skaters to a whole new level.

- **Masters: Passed FS 1 (FS 2-4)**

This class is open to skaters who are ready to tackle more difficult jumps and spins and advanced edges and turns. This class will bridge together the core fundamentals and the US Figure Skating testing track. Skaters will also be introduced to Ice Dance and Moves in the Field.

- **Adv. Figure Skating: Free Skate 5-8, & USFS track skaters**

Open to skaters who are working on USFSA tests, this is the highest level class the WC offers.

- **Synchronized Skating: "Snow Angels"**

Open to skater who have passed Basic 5 and wish to skate on a team. Skaters will learn to skate in unison while forming patterns and connections across the ice as well as friendships to last for years to come.

- **Jump & Spin**

A supplemental class for those skaters Basic 6 and up wishing to concentrate on further developing their spins and jumps.

- **Pre-Teen**

Developed as an opportunity for skaters to meet up, hone their skating skills, and socialize in a fun, semi-structured environment with an instructor that will help the girls with individual and group skills, as well as help the class choreograph a routine for our end of season show.

- **Edges & Stroking**

Developed for Intermediate through Masters level figure skaters, this class will focus on building power both forward and backwards, edge control, crossovers, sculling and more. Some classes will be set to music and jumps and spins will be incorporated towards the end of each class.

- **Adult Skating Skills** Open to anyone 18 years and up.

- **Power Hockey Skating: Intro to Power Skater for the New Mite (Mites):**

This class is for boy and girl U8 Travel Mite levels players on Mite B and C. Our Power Skating classes offer skaters the tools to be faster, stronger, and more agile. Stops/starts, attack and defensive skating skills, transitions, and some player specific needs are all developed throughout the season.

- **Power Hockey Skating 1 (Mites)**

This class is for girl and boy U8 Travel Hockey players. Our Power Skating classes offer skaters the tools to be faster, stronger, and more agile. Stops/starts, attack and defensive skating skills, transitions, and some player specific needs are all developed throughout the season.

- **Power Hockey Skating 2 (Squirts)**

Open to girl and boy U10 Travel Hockey players. Our Power Skating classes offer skaters the tools to be faster, stronger, and more agile.

Stops/starts, attack and defensive skating skills, transitions, and some player specific needs are all developed throughout the season.

- **Power Hockey Skating 3 (Pee Wees)**

Open to all U12 Travel Hockey Players. This class will utilize the entire ice surface to further develop skills and techniques presented in Power Hockey Skating 2.