

Learn To Skate Program

The YMCA Learn to Skate program is designed for participants ages 3 to adult. The focus is on learning skating skills and having fun! Our progressive levels have been structured for the gradual skating development of all participants. This program offers instruction to participants interested in recreational ice skating skills, figure skating, and hockey.

Age 3

Parent Tot

A fun first introduction to ice skating - games, balance, and coordination on ice! Parent and child are on the ice together. Parent need not be a proficient skater...just comfortable standing on skates and moving a bit.

Ages 4 - 5

Snowballs- Level 1

Beginner class (no skating experience): Introduction to falling & getting up properly, marching, march & glide, dip, toe kisses.

Snowbears- Level 2

Beginner class (1-5 times on ice): Intro to falling & getting up properly, marching, 2 foot glide (short), dip (moving), forward hourglasses, hop, backward wiggles, snowplow stop.

Snowbirds- Level 3

Snowplow stop, two foot glide, pineapples, forward hourglasses (6-8), backward wiggles, one foot glide (short), curves.

Penguins- Level 4

Forward skating, forward hourglasses across rink, one foot glide (long), backward hourglasses, forward one foot sculling, edge balances, and slalom.

Ages 6 Years To Adult

Snowflakes - Level 1a

Beginner class (minimal or no skating experience): Intro. to falling & getting up properly, forward skating, 2-foot glide, dip, forward hourglasses, backward skating, hop, curves, snowplow stop, and good skating form.

Snowflakes - Level 1b

For beginners who may have skated recreationally but never taken lessons. This level teaches beginning skating basics for the development of all future skating skills. Level 1B skills include: Level 1A skills plus pineapples, advanced forward hourglasses, one-foot glides, backward wiggles and hourglasses, slalom.

Snowbunnies - Level 2a

Forward skating, snowplow stop, one-foot glide, scooter pushes, backward hourglasses, backward glide, forward one foot sculling, two foot turn (standstill).

Snowbunnies - Level 2b

Advanced forward skating, two foot turn (moving), forward edge balances, inside edges, intro to forward crossovers, airplane, backward snowplow stop, hockey stop.

Ages 6 Years to Adult Figure Skating Levels

Snow Angels - Level 3a

For intermediate basic skill level skaters: Advanced forward skating (stroking), forward crossovers, backward one-foot sculling, backward one-foot glides, backward edge balances, hockey stop.

Snow Angels - Level 3b

Backward crossovers, T-stops, backward spiral, backward stroking, backward to forward, backward to forward transitions, three-turn.

Icicles- Level 4

Figure Skating Elements: consecutive forward outside & inside edges, Mohawk, lunge, slalom, bunny hop, alternating crossovers, pivot, 2-foot spin, waltz jump (standstill), waltz three-turns, combination of elements.

Ice Sculptures- Level 5

Figure Skating Elements: Forward inside three turn, backward inside & backward outside edges, backward outside & backward inside three turn, forward outside mohawk, one foot spin, waltz jump, step sequences, half flip, mazurka, beg. Scratch spin, and moving three-turns.

Ages 6 – 17 Years Hockey Skating Levels

Hockey Skating - Pre-requisite: Must complete Learn to Skate levels 1A, 1B, & 2A

Hockey Skating - Level 2

Full forward strides, beginning edge work, backward skating, turns, glide and crossovers, stops & starts.

Hockey Skating - Level 3

Power skating, advanced edgework, backward crossovers advanced forward crossovers, power turns.

Learn To Skate -Session 1

September - October

Day	Lesson Time	Ages	Skill Levels	Practice Ice	Code	Fee (Member/ Non Member)
M 09/15-10/20	9:45-10:15am	Parent Tot (age 3 & 4), 4-6	1,2,3,4	10:15-10:45am	ALTS09/15MON1	\$56/\$90
M 09/15-10/20	10:15-10:45am	Adults	1,2,3,4	9:45-10:15am	ALTS09/15MON2	\$56/\$90
T 09/16-10/21	4:00-4:30pm	Parent Tot (age 3 & 4), 4-6	1,2,3,4	4:30-5:00pm	ALTS09/16TUE1	\$56/\$90
T 09/16-10/21	4:30-5:00pm	6 -17	1A,1B,2A	5:00-5:30pm	ALTS09/16TUE2	\$56/\$90
T 09/16-10/21	5:00-5:30pm	6 -17	2A,2B,3A,3B	4:30-5:00pm	ALTS09/16TUE3	\$56/\$90
T 09/16-10/21	1:35-2:05pm	Ages 4-6	1,2,3,4	Rec Skate	ALTS09/16TUE4	\$56/\$90
W 09/17-10/22	9:45-10:15am	4-6	1,2,3,4	10:15-10:45am	ALTS09/17WED1	\$56/\$90
W 09/17-10/22	10:15-10:45am	Adults	1,2,3,4	9:45-10:15am	ALTS09/17WED2	\$56/\$90
W 09/17-10/22	3:30-4:00pm	6-17	1A,1B,2A	4:00-4:30pm	ALTS09/17WED3	\$56/\$90
W 9/17-10/22	4:00-4:30pm	6-17	2A,2B	3:30-4:00pm	ALTS09/17WED4	\$56/\$90
Th 09/18-10/23	1:35-2:05pm	Parent Tot (Ages 3 & 4)	1,2,3,4	Rec Skate	ALTS09/18THUR1	\$56/\$90
S 09/13-10/18	11:00-11:30am	Parent Tot (age 3 & 4), 4-6	1,2,3,4	11:30am-12:00n	ALTS09/13SAT1	\$56/\$90
S 09/13-10/18	11:30am-12:00n	6-17, Adults	1A,1B,2A,2B	11:00-11:30am	ALTS09/13SAT2	\$56/\$90

Learn To Skate -Session 2

November-December

Day	Lesson Time	Ages	Skill Levels	Practice Ice	Code	Fee (Member/ Non Member)
M 11/03-12/15	9:45-10:15am	Parent Tot (age 3 & 4), 4-6	1,2,3,4	10:15-10:45am	ALTS11/03MON1	\$56/\$90
M11/03-12/15	10:15-10:45am	Adults	1,2,3,4	9:45-10:15am	ALTS11/03MON2	\$56/\$90
T 11/04-12/15	4:00-4:30pm	Parent Tot (age 3 & 4), 4-6	1,2,3,4	4:30-5:00pm	ALTS11/04TUE1	\$56/\$90
T 11/04-12/15	4:30-5:00pm	6 -17	1A,1B,2A	5:00-5:30pm	ALTS11/04TUE2	\$56/\$90
T 11/04-12/15	5:00-5:30pm	6 -17	2A,2B,3A,3B	4:30-5:00pm	ALTS11/04TUE3	\$56/\$90

T 11/04-12/15	1:35-2:05pm	4-6	1,2,3,4	Rec Skate	ALTS11/04TUE4	\$56/\$90
W 11/05-12/16	9:45-10:15am	4-6	1,2,3,4	10:15-10:45am	ALTS11/05WED1	\$56/\$90
W 11/05-12/16	10:15-10:45am	Adults	1,2,3,4	9:45-10:15am	ALTS11/05WED2	\$56/\$90
W 11/05-12/16	3:30-4:00pm	6-17	1A,1B,2A	4:00-4:30pm	ALTS11/05WED3	\$56/\$90
W 11/05-12/16	4:00-4:30pm	6-17	2A,2B	3:30-4:00pm	ALTS11/05WED4	\$56/\$90
Th 11/06-12/17	1:35-2:05pm	Parent Tot Ages 3 & 4	1,2,3,4	Rec Skate	ALTS11/06THUR1	\$56/\$90
S 11/01-12/13	11:00-11:30am	Parent Tot (age 3 & 4), 4-6	1,2,3,4	11:30am-12:00	ALTS11/01SAT1	\$56/\$90
S 11/01-12/13	11:30am-12:00n	6-17, Adults	1A,1B,2A ,2B	11:00-11:30am	ALTS11/01SAT2	\$56/\$90

Learn to Skate -Figure Skating Levels Session 1

Day	Lesson Time	Ages	Skill Levels	Practice Ice	Code	Fee (Member/ Non Member)
W 09/17-10/22	4:00-4:45pm	7-17	3A & 3B	3:30-4:00pm	ALTS09/17FSC1	\$65/\$100
W 09/17-10/22	4:00-4:45pm	7-17	4 / 5	3:30-4:00pm	ALTS09/17FSC2	\$65/\$100
W 09/17-10/22	4:00-4:45pm	7-17	5 +	3:30-4:00pm	ALTS09/17FSC3	\$65/\$100

Learn to Skate -Figure Skating Levels Session 2

W 11/05-12/17	4:00-4:45pm	7-17	3A & 3B	3:30-4:00pm	ALTS11/05FSC1	\$65/\$100
W 11/05-12/17	4:00-4:45pm	7-17	4 / 5	3:30-4:00pm	ALTS11/05FSC2	\$65/\$100
W 11/05-12/17	4:00-4:45pm	7-17	5 +	3:30-4:00pm	ALTS11/05FSC3	\$65/\$100

Figure Skating class offers an on ice lesson 4:00-4:30pm with a 15 minute off ice class 4:30-4:45pm.

Learn to Skate - Power Figure Skating Class Sessions 1 & 2

Day	Lesson Time	Ages	Skill Levels	Practice Ice	Code	Fee (Member/ Non Member)
M 09/15-10/20	9:00-9:45am	Adult	2B +	9:45-10:00am	ALTS09/15PFS	\$65/\$100
M 11/03-12/15	9:00-9:45am	Adult	2B +	9:45-10:00am	ALTS11/03PFS	\$65/\$100

Learn To Skate Hockey Skating Skills Sessions 1 & 2

Day	Lesson Time	Ages	Skill Levels	Practice Ice	Code	Fee (Member/ Non Member)
T 09/16-10/21	4:30-5:00pm	6-17	2	5:00-5:30pm	ALTS09/16HSS2	\$56/\$90
T 09/16-10/21	5:00-5:30pm	6-17	3	4:30-5:00pm	ALTS09/16HSS3	\$56/\$90
T 11/04-12/16	4:30-5:00pm	6-17	2	5:00-5:30pm	ALTS11/04HSS2	\$56/\$90
T 11/04-12/16	5:00-5:30pm	6-17	3	4:30-5:00pm	ALTS11/04HSS3	\$56/\$90

Pre-Requisite: Skaters must have completed Learn to Skate level 2A.

Y ICE PRIVATE ICE SKATING INSTRUCTION

The YMCA offers private skating lessons for Recreational Skaters, Figure Skaters, and Hockey Players. Lessons are offered during our recreational skate times. Registration forms are available at the Mapleton and Arapahoe Centers.

For more information call 303-664-5455 or email kevin.sheets@ymcabv.org

For more information about any of our Adult Hockey Programs, please contact us at:

(303) 664-5455 or email kevin.sheets@ymcabv.org