

NYTEX Skating Academy Class Descriptions

TOT 1 (ages 3-5):

Beginners with no previous instruction. Learn proper falling and getting up, march in place, march walking, march then glide, and dip while moving. May also begin more advanced elements as class progresses.

TOT 2 (ages 3-5):

Students who have passed Tot 1 will learn forward swizzles, hop in place, curves, backward wiggles, and toe pushes. May also begin more advanced elements as class progresses.

TOT 3 (ages 3-5):

Students who have passed Tot 1 & 2 will learn blade pushes, 1 foot glides, snowplow stops, and backward swizzles. May also begin more advanced elements as class progresses.

Pre-ALPHA:

Beginners with no previous instruction learn proper falling and getting up, two-foot glides, one-foot glides, forward swizzles, backward wiggles, and proper pushes. May begin more advanced elements as class progresses.

APHA:

Students who have passed Pre-Alpha will learn forward stroking, forward pumps, forward crossovers, backward swizzles, and snowplow stop. May begin more advanced elements as class progresses.

BETA:

Students who have passed Alpha will learn backward pumps, backward stroking, backward crossovers, t-stops and two foot turns. May begin more advanced elements as class progresses.

GAMMA:

Students who have passed Beta will learn outside three turns, 7 step Mohawk combinations, and a hockey stop. May begin more advanced elements as class progresses.

DELTA:

Students who have passed Gamma will learn inside three turns, advanced forward outside and inside edges, lunge, shoot the duck, and backward two-foot turns. May begin more advanced elements as class progresses.

HOCKEY 1:

Beginners with no previous instruction. Learn 1 foot glides, 2 foot glides, forward swizzles, backward swizzles, backward wiggles, and 1 foot snowplow stops. May begin more advanced skills as class progresses.

HOCKEY 2:

Students who have passed hockey 1 learn pivots (hockey turns) and forward crossovers. Will also begin to learn backward C-cuts, hockey stops and backward crossovers.

HOCKEY 3:

Students who have passed hockey 2 learn Mohawks, backward crossovers, hockey stops, hockey starts, backward stops, backward C-cuts, forward edges and backward edges.