

KIDSPLEX 2010 SUMMER CAMP

Basic Skills Ice Skating Clinic

- Three 30 minute sessions/week
- 1 each on T, W, & Th
- At the start of KidsPlex Summer Camp Ice Skating time
- **\$30/wk**



CLINIC LEVEL DESCRIPTIONS

The basic skills of figure skating are the fundamentals of the sport. The first three levels of the program introduce the fundamental moves; forward skating, backward skating, stops, edges, crossovers, and turns. An ice skating teacher will assess your child's entry skill level and place him/her in the group that best meets his/her needs.

Level 1

sit and stand on ice
march forward
forward 2-foot glide
dip
backward wiggles
2-foot hop in place

Level 2

forward 1-foot glide
backward 2-foot glide
backward swizzles
moving snowplow stop
forward pumps in a line

Level 3

forward stroking
forward 1/2 swizzle pumps
forward to backward turn
forward 1-foot glide
forward Slalom
2-foot spin



KIDSPLEX 2010 SUMMER CAMP

Office: (919) 644-0339 x228 Email: plex4kids@trianglesportsplex.com Fax: (919) 644-2120
Mail: KidsPlex, c/o Triangle SportsPlex, 101 Meadowlands Drive, Hillsborough, NC 27278

