

# ADVANCED CLASS

SUNDAYS 9:30-10:30 AM

## Advanced Class Breakdown



### 15 minutes - Backward skating

- Pushing into arching
- Outer edges
- Inner edges
- Clockwise cross pulls
- Counterclockwise cross pulls



### 10 minutes - Manual Work

- In place - Heel/Toe, Heel/Heel, Toe/Toe
- Rolling straight - Heel/Toe, Heel/Heel, Toe/Toe
- Combinations



### 10 minutes - Cone Work

- Left foot slalom
- Right foot slalom
- Manual slalom - Heel/Toe, Heel/Heel, Toe/Toe



### 10 minutes - Skater's choice

- Jumps
- Spins
- Grapevine
- Trick combinations
- Transitions



### 10 minutes - Group Skating Choreo

- Dance Skate Choreo
- Synchro Choreo



### 5 minutes - Game (Instructor's choice - choose 1)

- Copycat
- Simon says
- Lines are lava
- Safe Zone
- Follow the leader
- S-K-A-T-E



2 hours - All skaters with class or sports memberships skate for free on Saturdays **10:00-12:00 pm.**

All intermediate & advanced class skaters are welcome to come to open practice on Sundays **7:00-9:30 am.**