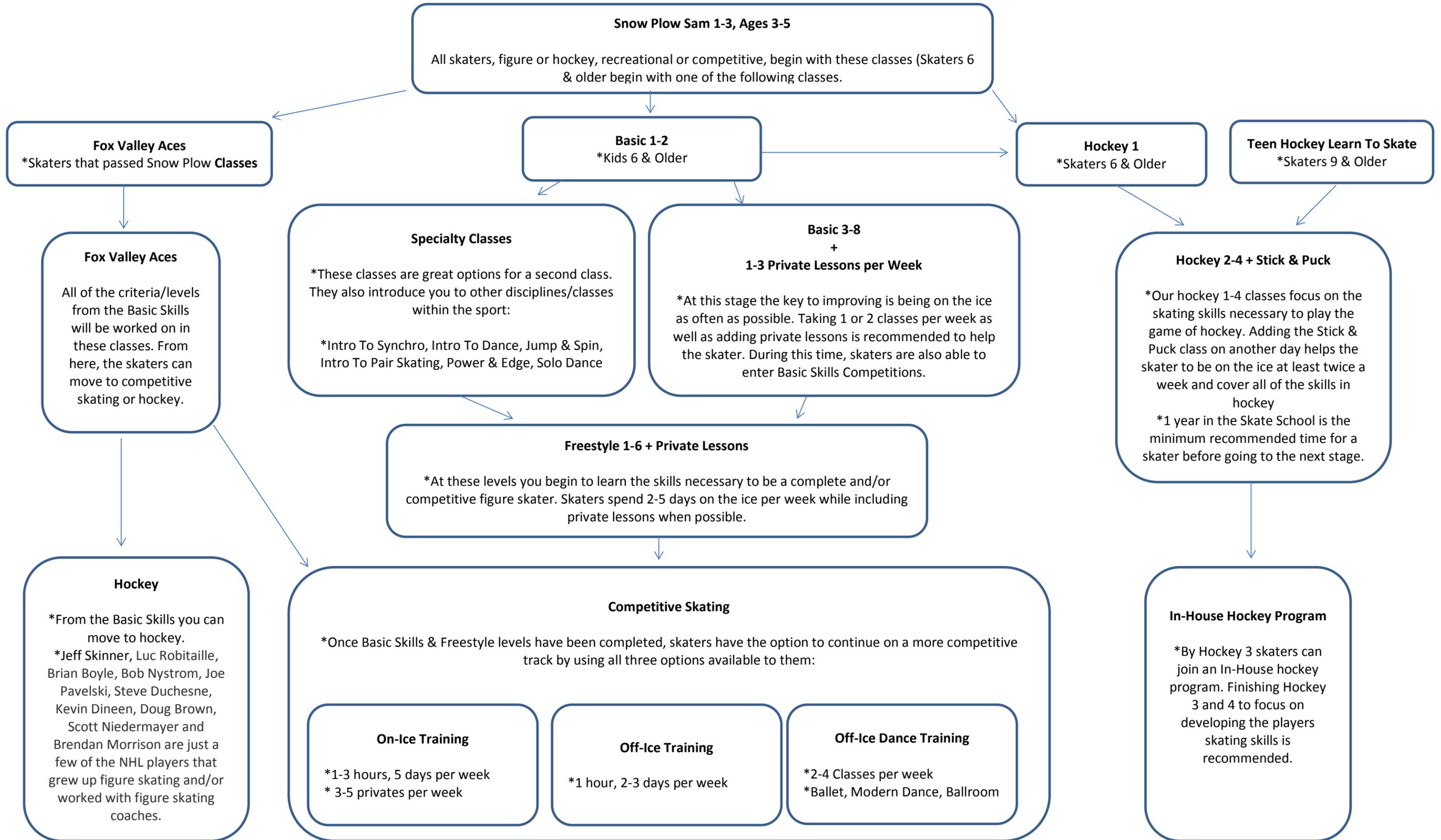


# Skate School Skating Progression Model



**Snow Plow Sam 1-3, Ages 3-5**  
All skaters, figure or hockey, recreational or competitive, begin with these classes (Skaters 6 & older begin with one of the following classes).

**Fox Valley Aces**  
\*Skaters that passed Snow Plow Classes

**Basic 1-2**  
\*Kids 6 & Older

**Hockey 1**  
\*Skaters 6 & Older

**Teen Hockey Learn To Skate**  
\*Skaters 9 & Older

**Fox Valley Aces**  
All of the criteria/levels from the Basic Skills will be worked on in these classes. From here, the skaters can move to competitive skating or hockey.

**Specialty Classes**  
\*These classes are great options for a second class. They also introduce you to other disciplines/classes within the sport:  
  
\*Intro To Synchro, Intro To Dance, Jump & Spin, Intro To Pair Skating, Power & Edge, Solo Dance

**Basic 3-8 + 1-3 Private Lessons per Week**  
\*At this stage the key to improving is being on the ice as often as possible. Taking 1 or 2 classes per week as well as adding private lessons is recommended to help the skater. During this time, skaters are also able to enter Basic Skills Competitions.

**Hockey 2-4 + Stick & Puck**  
\*Our hockey 1-4 classes focus on the skating skills necessary to play the game of hockey. Adding the Stick & Puck class on another day helps the skater to be on the ice at least twice a week and cover all of the skills in hockey  
\*1 year in the Skate School is the minimum recommended time for a skater before going to the next stage.

**Freestyle 1-6 + Private Lessons**  
\*At these levels you begin to learn the skills necessary to be a complete and/or competitive figure skater. Skaters spend 2-5 days on the ice per week while including private lessons when possible.

**Hockey**  
\*From the Basic Skills you can move to hockey.  
\*Jeff Skinner, Luc Robitaille, Brian Boyle, Bob Nystrom, Joe Pavelski, Steve Duchesne, Kevin Dineen, Doug Brown, Scott Niedermayer and Brendan Morrison are just a few of the NHL players that grew up figure skating and/or worked with figure skating coaches.

**Competitive Skating**  
\*Once Basic Skills & Freestyle levels have been completed, skaters have the option to continue on a more competitive track by using all three options available to them:

**On-Ice Training**

\*1-3 hours, 5 days per week  
\* 3-5 privates per week

**Off-Ice Training**

\*1 hour, 2-3 days per week

**Off-Ice Dance Training**

\*2-4 Classes per week  
\*Ballet, Modern Dance, Ballroom

**In-House Hockey Program**  
\*By Hockey 3 skaters can join an In-House hockey program. Finishing Hockey 3 and 4 to focus on developing the players skating skills is recommended.