

Pyramid of Figure Skating

Whether you are a beginner or a highly competitive figure skater, our classes accommodate all levels and ages.

Learn-to-skate classes at the Orange County Figure Skating Academy are based on the US Figure Skating **Basic Skills** program. Specialty classes are offered once skaters have completed all Free Skate levels. Beginning stroking classes are offered once skaters have enrolled in Basic 6.

We recommend all skaters wear gloves, a warm sweater or jacket, comfortable pants and skates with good support. Rental skates are available for \$3 per skater.

Specialty Classes

- Axel
- Double Jump
- Adv. Stroking & Conditioning
- Moves in the Field/ Edge Class
- Off-ice Dance & Stretch Classes



All classes are progressive and are a prerequisite to the next level.

Free Skate 1-6

Each Free skate level is divided into four sections: Moves in the Field, spins, dance/footwork sequence and jumps. The Free skate levels are designed to give skaters a strong foundation on which to build up their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.

Basic Skills 1-8

The Basic Skills are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have the basic knowledge of the sport enabling them to advance to the more specialized areas of skating.

Snowplow Sam 1-3

The Snowplow Sam levels are designed to help the preschool age skater develop preliminary coordination and strength to maneuver on the ice. Snowplow Sam is a big, fuzzy, white bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.

Birthday Parties • Public Sessions • Park and Rec. Classes

