Pre-K 1: Sit and stand up with skates, march in place, skate with no assistance across rink, dip.

Pre-K 2: Skate width of rink 30-45 sec, swizzle action, backward wiggles, 2-foot hop, stop.

Pre-K 3: Forward 2 ft glide, moving swizzles, backward skating, back stop, T-push, 2 ft turn.

Pre-K Hockey: (Prerequisite Pre-K 1&2) Especially for the younger hockey player. Age (4-6)

Beginner 1: Proper falling and standing, identify edges, skate width of rink any method, swizzles, snowplow stop.

Beginner 2: Forward 2 ft glide, moving swizzles, backward skating, back stop, T-push, 2 ft turn.

Beginner 3: Forward stroking, 1 ft. swizzles, intro to T-stop, 1 ft. glide, turn from front to back, beginning 2 ft spin, beginning spiral, backward 2 ft. glide.

Beginner 4: Forward crossovers, back 1 ft. swizzle, 2 ft. spin (4-5 rev), beginning 3- turns, backward stroke to glide, bunny hop.

Beginner 5: Backward crossovers, moving outside 3 turns, 1-foot spin (2-3 rev), forward and, hockey stop, side toe hop.

Beginner 6: Inside 3 turns, t-stop, shoot the duck, 1 ft spin, pivots, spiral (hip height) lunge.

Spins and Turns (Beginner 7) This class focuses on the spins, spinning positions and turns for freestyle/ moves.

Freestyle 1-3: (Prerequisite Basic 1-7) Scratch spin, back scratch spin, sit spin, camel spin, waltz jump, salchow, toe loop, loop jump, half flip, flip, half lutz, spirals, jump combination, moves in the field and footwork.

Power Hockey 1: (Prerequisite Beginner 1 and 2) Backward stance, full stride forward skating, 1-foot glides, backward hustle, back swizzles, glide turns, beginning hockey stop, drills.

Power Hockey 2: (Prerequisite Hockey 1) Forward and backward C-cuts and crossovers, hockey turns, slalom, forward stop and starts, back V-stop, mohawks, hockey stops, back 1-foot glide, drills.

Adult Beginner/Intermediate: Skating basics, forward / backward skating, stopping, crossovers, two and one foot turns.

Adult Ice Dancing: Private lessons available. (Call Susie 984-5950)

INCLUSIVE RECREATION SERVICES - AMERICAN WITH DISABILITIES ACT (ADA) - The Kirkwood Parks and Recreation Department invites people with and without disabilities to participate in our programs and events. Please let us know when you register if modifications due to a disability are needed to enable your participation, or to let us know if there are medications or allergies of which we should be aware. For assistance in arranging modifications for your participation, or to notify us of medical concerns, please contact Terri Johnson, CTRS/CPRP, Executive Director of Municipal Partners for Inclusive Recreation at 314-835-6157 or use Relay Missouri 1-800-735-6157 to discuss your participation.

REFUNDS: All participants canceling from a program voluntarily will be assessed a minimum $5 program charge. Participants that cancel voluntarily less than one week prior to the start of the program may only receive a partial or prorated refund based on type of program and time of cancellation. Skating is not a try-it sport and no refunds are given once classes begin.

The Skate School is directed by USFSA Gold Medalist, Susie Smith. Contact the skate school office at 984-5950.
PRE SCHOOL CLASS (age 4-6)
MONDAY
Pre-K 1 6:00pm
Pre-K 2 5:15pm, 6:30pm
Pre-K 3 6:30pm
Pre-K Hockey 6:00pm
TUESDAY
Pre-K 2 (3 yr old) 12:00pm
Pre-K 2 12:30pm
WEDNESDAY
Pre-K 1 (3 yr old) 10:00am
Pre-K 2 (3 yr old) 10:30am
THURSDAY
Pre-K 1-2 12:00pm
Pre-K 3 12:30pm
FRIDAY
Pre-K 1 10:00am, 12:30pm
Pre-K 3 10:30am
SATURDAY
Pre-K 1 10:30am, 11:00am
Pre-K 2 10:30am, 11:00am, 11:30am
Pre-K 3 11:30am

ADULT CLASSES (16 & up)
MONDAY
Beginner/Intermediate 8:00pm
SATURDAY
Beginner/Intermediate 11:30am

POWER HOCKEY (6 & up)
MONDAY
Hockey 1 6:00pm
Hockey 2 6:30pm
Hockey 1-2 8:00pm
SATURDAY
Hockey 1 12:15pm
Hockey 2 12:45pm

DATES FOR THIS SESSION:
M: March 23, 30 April 6, 13, 20, 27 May 4
T: March 24, 31, April 7, 14, 21, 28 May 5
W: March 25 April 1, 8, 15, 22, 29 May 6
TH: March 26 April 2, 9, 16, 23, 30 May 7
F: March 27 April 3, 10, 17, 24 May 1, 8
S: March 28 April 4, 11, 18, 25 May 2

BEGINNER 1-7
(K and up)

MONDAY
Beginner 1 4:15pm, 6:00pm
Beginner 2 4:45pm, 6:00pm
Beginner 3 6:00pm
Beginner 4 6:30pm
Beginner 5 6:30pm
Beginner 6-7 6:30pm

WEDNESDAY
Beginner 1 4:15pm
Beginner 3 4:45pm
Beginner 2 5:15pm

FRIDAY
Beginner 1-2 4:45pm
Beginner 2-3 4:15pm

SATURDAY
Beginner 1 12:15pm, 12:45pm
Beginner 2 12:15pm
Beginner 3 12:45pm
Beginner 4 12:45pm
Beginner 5-7 12:45pm
Intro to Figure Skating 12:45pm

FIGURE SKATING OR ICE DANCE
MONDAY
Figure Skating 1– 3 7:00 –7:45pm
Res. $95 Non-Res. $105
Includes Moves in the field

FIG SKATING/PRACTICE
MONDAY
Freestyle/Ice Dance Practice 7:00-7:45p
Walk on Only, $6.00 per week payable
to Cashier on entry. (Limited Availability)

Spring Recital
Saturday April 25th
3:45-5:00pm
Don’t forget to check out our figure skating summer camp.
Camp begins June 8th.
https://www.kirkwoodparksandrec.org

LESSONS INCLUDE:
• 25 minute lessons each week.
• Skate rental for class participants on class day.
Note to Parents! Please be prepared to meet the teacher by the
to the entrance to the ice rink surface (double doors) on the first day for
Pre-K 1 and Beginner 1. Please memorize the class title!

Registration Information:
All first time enrollees must sign waiver or have waiver on file. Participants may register in person, on line, or by calling
314-822-5855. Form may also be downloaded and mailed or faxed. Visit https://www.kirkwoodparksandrec.org

The Skate School is directed by USFSA Gold Medalist Susie Smith. For more information on the lesson program and to register, contact the Skate School office at 314-984-5950 or the Kirkwood Community Center at 314-822-5855.