

# INTERMEDIATE CLASS

SUNDAYS 9:30-10:30 AM

## Intermediate class skill requirements for certificate:

- Skate backwards safely
- Stop backwards safely
- Transition from forward to backward & backward to forward in both directions safely
- Forward cross pulls safely
- Be prepared and comfortable with starting to learning more advanced skills in the advanced class



## Intermediate Class Breakdown

**10** minutes - Backward skating

- Marching
- Scissors
- Arching

**5** minutes - Backwards stopping

- Toe stopping (quads)
- C-cut (Inlines)

**10** minutes - Spread Eagles

- Clockwise
- Counterclockwise
- Straight leading with left
- Straight leading with right

**5** minutes - Transitions

- Forward & Back to the left
- Forward & Back to the right

**5** minutes - Forward Crossovers

- Left over right
- Right over left

**5** minutes - Forward Crossovers

- Clockwise
- Counterclockwise

**10** minutes - Student's choice

- Spirals
- Shoot the ducks
- Coffin
- Manuals
- Cone course - 2 feet

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

- Copycat
- Simon says
- Lines are lava
- Safe Zone
- Follow the leader

**5** minutes - Free Skate & Skills Check out



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.