

All In Ice Skating Lessons

A North Buffalo Rink Program

All In Ice Skating Lessons,
a North Buffalo Rink program,
is proud to be offering **Basics 1, 2, & 3.**

Our Basics 1, 2, & 3 Skills teaches the fundamentals of ice skating and provides the best foundation for figure skating, hockey, and speed skating. Four progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. All classes will be well-structured with the focus on proper skill development taught in a positive, fun, and social environment.

Register for classes at www.northbuffalorink.com

For more information contact:

Skating Director

Delene Mackenzie at allinskatinglessons@gmail.com

Rink Manager

Nick Price at (716) 253-3432



156 Tacoma Ave, Buffalo, NY 14216

Basics 1, 2, 3, and Advanced (Age 7 and up)

Basic 1 (Age 7 and up)

*Beginner skater

- Sit and stand up on the ice
- Forward marching across the ice
- Forward two-foot glide
- Sideways ladder march - Right and Left
- Forward swizzles
- Backward wiggles
- Backward walking
- Scooter pushes on a straight line - Right and Left
- Moving dip
- Begin snowplow stops
- Skating through 5 curves

Basic 2 (Age 7 and up)

*Must have passed Basic 1 - *Must pass Basic 2 to go to Hockey 1

- Forward skating
- Forward one-foot glide - Right and Left
- Backward two-foot glide
- Backward swizzles
- Rocking horse
- Two-foot turns in place - Fwd/Back/Fwd, both directions
- Moving snowplow stops- one or two feet
- Two-foot glides on curves leaning into the circle
- Half swizzles on a straight line- Right and Left
- Single foot swizzles on a circle - Right and Left

Basic 3 (Age 7 and up)

*Must have passed Basic 2

- Moving two-foot turns on a circle. Both directions
- Backward one-foot glide
- Backward snowplow stop- one foot or two
- Forward hockey swoops
- Forward slalom
- Forward pivot - both directions
- Forward half swizzle on a circle with held undercut
- Backward half swizzles on a circle, both directions
- Forward outside edges - Right and Left
- Lunges - Right or Left

Advanced

Qualify by skill level and not age - *Must have passed Basic 3 or Adult 3

- Forward inside edges - Right and Left
- Forward crossovers - both directions
- Backward stroking
- Begin two-foot spin
- Backward outside edges
- Backward inside edges
- Backward crossovers
- Forward outside 3 turns - Right and Left
- Hockey stop both directions
- Side toe hops
- Bunny hop
- T stops - Right and Left
- Spiral - Right or Left
- Shoot the duck - Right or Left