



Snowplow Sam Skate Skills

LEARN TO
SKATE
USA

The Snowplow Sam levels are introductory (ages 3 - 5) classes divided into 4 progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

SNOWPLOW SAM 1

1. Sit and stand up with skates on – off ice
2. Sit and stand up – on ice
3. March in place
4. March forward – 8–10 steps
5. March, then glide on two feet
6. Dip in place

SNOWPLOW SAM 2

1. March followed by a long glide
2. Dip while moving
3. Backward walking, toes turned inward. Shifting weight (4-6 steps)
4. Backward wiggles (6 in a row)
5. Forward swizzles (2 - 3 in a row)
6. Beginning snowplow stop motion - in place or holding onto barrier
7. 2 foot hop, in place (optional)

SNOWPLOW SAM 3

1. Forward skating – 8–10 strides
2. Forward one-foot glide – R and L (2 times skaters height)
3. Forward swizzles – 4–6 in a row
4. Backward 2 foot glide
5. Backward swizzles – 2–3 in a row
6. Moving forward snowplow stop (2 foot)
7. Curves

SNOWPLOW SAM 4

1. Forward skating
2. Advanced 1 foot glide, 2 times skater's height
3. Backward swizzles – 4 – 6 in a row
4. Rocking horse - one forward, one backward swizzle, repeat twice
5. 2 foot turns from forward to backward in place (both directions).
6. 2 foot hop, in place

SKATE SCHOOL

After passing Snowplow Sam 4, students will advance to Basic 2
(If skater turns 6 before completing, the skater will be placed in the appropriate Basic level)

Learn to Skate FAQ Sheet

What class do I sign up for?

If you have never skated before or have never had any formal instruction, we recommend starting in the following classes: Snowplow Sam 1 for ages 3 - 5, Basic 1 for ages 6 and above, Adult 1 for adults ages 17+.

What is included with the price of my class?

Class fee includes 30 min. of weekly instruction, skate rental on the day of class.

How and when do I sign up?

Register online at www.kcicecenter.com, by phone at 913-441-3033, or in person. Register early to ensure your spot, which will not be reserved until payment is received. Please register at least 48 hours before the first day of class. If there are less than 3 enrollments for a class at that point, the class may be cancelled or combined.

What do I need to do the first day?

Please arrive 30 min prior to the start time of your first class. Staff will help you with your rental skates. Rental skates typically run 1 to 2 sizes smaller than street shoes. On the first day of class, all skaters will meet their instructors off ice.

Do you offer any discounts

Yes? We have a multi family member discount. The 2nd and 3rd family member receives \$30 off. We also offer 2nd class discount for \$30 off another class offered during the week.

What do I need to wear?

Please wear warm, comfortable, layered clothing including gloves and thin socks. Helmets are recommended for beginners, but not required. (rounded bike helmets are sufficient)

What is the Learn to Skate USA membership?

All skaters are required to pay the \$16.00 annual (July 1 - June 30th) membership fee to Learn To Skate USA. This can be done by visiting www.learnertoskateusa.com. This provides insurance from the Learn to Skate USA for all of our skaters during class time and skaters will receive fun items such as a practice book and magazine. USFS is endorsed by USA Hockey.

Can I make up a missed class?

If you miss a class, you can make that class up at one of the other times your skaters level is scheduled. You must contact the Skating Director or call the rink to fill out a Make up Request form and all make ups must be completed by the last day of the current session.

Can I get a refund?

We do not have a refund policy on classes, however, we can hold your credit to be used at a later date or within your family.

Where can I purchase skates or equipment?

Skate Express has beginner skates to purchase, Scheels Sporting Goods at 6503 W. 135th St, Overland Park KS has a good selection of beginner skates under \$90, and Play it Again Sports has used skates.

Questions? Contact Kay Olive at kolive@kcicecenter.com or 913-441-3033