



GALLERIA DALLAS
ICE SKATING
CENTER

ICE SKATING SCHOOL LEVELS

Described below are the skill levels established by the Galleria Dallas Ice Skating Center's Learn to Skate Program. Graduates of Intro Classes will be placed in an Intro-2 Class and Advanced Class according to their ability. Once you complete a skate level, it is very common to repeat the level to ensure proficiency/mastery is achieved before progressing to the next level.

TOT INTRO

Preschool beginner who has never skated before. Learn how to fall, proper way to get up, dip standing still, marching in standing position, marching while moving, beginning 2 feet glide, two-foot jump in place, forward swizzle standing still, dips while moving, single swizzle, beginning back wiggles.

TOT INTRO-2

Preschool beginner that has completed the Tot Intro level. Learn how to push and glide, beginner moving forward swizzle, 1-foot glides and snowplow stops.

JUNIOR INTRO

Beginner 6-12-year-olds, off ice fall down and get up, marching, 2 feet glides and dips, t-position and push right and left, backward swizzle, 2-foot snowplow stop. One foot snowplow stop, back wiggles, beginner two foot spin, 1 feet glide.

JUNIOR INTRO-2

1feet glides for 5 seconds, snowplow stops from marching, beginner 2 feet spin, forward swizzles, back wiggles, t-position, back swizzles, scooter pushes, zigzags, forward 1/2 swizzles.

PRE ALPHA

Skated in Junior Intro-2 for a full semester and passed by coach, skate into strong 2 feet glide, skate into a dip, skate into a snowplow stop, 1 feet glide for 4-6 seconds, zig-zags, 6 forward swizzles, back wiggles into back swizzles, beginner spiral at wall, 2 foot turns.

ALPHA

Skated in Pre Alpha for full semester and passed by coach, 6 strong forward swizzles, 6 backwards swizzles, 1 feet glides for 6-8 seconds, scooter pushes into a 1 feet glide, forward crosses from a stand still right and left ft, beginner spiral, 1 feet snowplow stop, beginner crossovers both directions, back 1/2 swizzles, forward pivot, zigzag into a spin, forward stroking, 2 foot turns.

BETA

Skated in Alpha for a full semester and passed by coach, smooth forward stroking, forward crossovers with no toe pushes, back stroking, T-stops, back swizzles in a circle into a back crossover, beginner back crossovers, beginner spiral, beginner lunge, 2-foot spin with push back, bunny hop, 2 foot turns.

GAMMA

Skated in Beta for a full semester and passed by coach, strong back crossovers and back stroking, right and left t-stops, Intro. 7 step Mohawk sequence, beginner lunge, 2-foot spin with exit, 2 foot turns checking of body while gliding on a circle, beginner spirals, beginner outside 3 turns & Mohawks, beginner waltz jump.

DELTA

Skated in Gamma 2 for a full semester and passed by coach, right and left outside and inside 3 turns, all stops from previous levels, beginner outside edges and inside edges, back crossovers into a 2 feet spin and beginner waltz jump, bunny hops, intro to a 1/2 flip, lunge, spirals, beginner inside and outside pivot.

FREESTYLE 1

Skated in Delta 2 for a full semester and passed by coach, strong forward outside and inside edges, intro. back outside and inside edges on a circle, back crossovers into a 2 foot spin w/ 6 revolutions, forward inside and outside pivots, spirals, flip, back crossovers into a waltz jump, attitude, Chinese spiral, 1 foot spin.

FREESTYLE 2

Skated in Freestyle 1 for a full semester and passed by coach, strong back outside and inside edges, spirals on edges, 1/2 lutz, waltz jump tap-toe waltz jump combination, dance step, ballet jump, back crossovers into a 1 feet spin, footwork steps and sequences, attitude spin, scratch spin., intro. Toe loop and salchow.

FREESTYLE 3

Skated in Freestyle 2 for a full semester and passed by coach, back outside and inside 3 turns, back pivots into a back spin, dance step, intro of change ft spin, spread eagle, toe loop, salchow, jump combinations, back spiral.

FREESTYLE 4 & UP

Skated in Freestyle 1-3 and passed all levels by coach, Need to have all the following to skate in this level: back outside and inside 3 turns, sit spin, dance step, back spirals and forward spiral sequences on different feet and edges, loop jump, flip jump, footwork, intro. split jumps, jump combinations, intro. sit to back sit spin, loop, double 3 turns.

If you are uncertain what level your skater should be placed in, please ask for an evaluation and reservation.

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Our skill levels are established by the Ice Skating Institute's, 'Learn to Skate' program. To become a member of the Ice Skating Institute, go to www.skateisi.org.

