

Understanding Group Lessons

Winona Figure Skating Club

Snow Plow
Same 1-3

- "Tots", These levels help the skater develop preliminary coordination and strength to maneuver on the ice.

Basic Skills
1-3

- The "basic skills" are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating.

Basic Skills
4-6

- Upon completion of Basic 3, skaters are eligible for Basic Skills Practice Ice. Basic Skills practice ice is used to work on basic skills, skills or competition numbers with a private coach. Jr. Ice Professionals and Ice Professionals are available to coach on this ice, however payment for coaching is between the coach and parent.

Basic Skills
7-8

- Upon completion of Basic 6, skaters are eligible to skate on any Lower Level Freestyle or Combined ice block with a private coach. Skaters are also eligible to try-out for a synchronized skating team or take the synchronized skating class.

Freeskate
1-4

- Upon Completion of Basic 8, skaters enter the last badge levels of Basic Skills. During these levels, although not required, skaters typically start contracting with a private coach, working on competing if interested, and working on their Moves in the Field test at a Pre-preliminary level. If interested, please talk to a coach about the next levels of figure skating.