

# intermediate skating

## LEVEL 7

Backward Spiral INSTRUCTOR/DATE

Right forward inside three turn INSTRUCTOR/DATE

Left forward inside three turn INSTRUCTOR/DATE

Fast backward crossovers  
-right over left INSTRUCTOR/DATE

Fast backward crossovers  
-left over right INSTRUCTOR/DATE

Crossover/turn pattern INSTRUCTOR/DATE

Name \_\_\_\_\_

## INTRODUCTION TO FIGURE SKATING

**SKILLS** (must be completed before starting the Figure Skating Skills program)

Two foot spin (Level 2) INSTRUCTOR/DATE

Waltz jump without introduction (Level 6) INSTRUCTOR/DATE

Stationary two foot spin to one foot spin (Level 6) INSTRUCTOR/DATE

Waltz jump with introduction (Level 7) INSTRUCTOR/DATE

One foot spin with spiraling edge (Level 7) INSTRUCTOR/DATE

Please return your progress card at the start of each session

CONGRATULATIONS:

\_\_\_\_\_  
Intermediate Skating Levels completed - DATE

\_\_\_\_\_  
SIGNATURE OF INSTRUCTOR

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16186



Coloured by me age \_\_\_\_\_

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## LEVEL 1

1 foot glide on FOE - right foot [INSTRUCTOR/DATE](#)

1 foot glide on FOE - left foot [INSTRUCTOR/DATE](#)

Fast forward crossovers  
-right over left [INSTRUCTOR/DATE](#)

Fast forward crossovers  
-left over right [INSTRUCTOR/DATE](#)

Backward two foot glide  
-in a straight line [INSTRUCTOR/DATE](#)

## LEVEL 2

Forward inside edges [INSTRUCTOR/DATE](#)

Fast backward pumping  
-push with the right foot [INSTRUCTOR/DATE](#)

Fast backward pumping  
-push with the left foot [INSTRUCTOR/DATE](#)

Straight backward one foot  
glide on the right foot [INSTRUCTOR/DATE](#)

Straight backward one foot  
glide on the left foot [INSTRUCTOR/DATE](#)

Stationary 2 foot jump from  
forward to backward [INSTRUCTOR/DATE](#)

## LEVEL 3

Forward outside edges [INSTRUCTOR/DATE](#)

Power jump [INSTRUCTOR/DATE](#)

Fast forward crossovers  
-right over left [INSTRUCTOR/DATE](#)

Fast forward crossovers  
-left over right [INSTRUCTOR/DATE](#)

Two foot turn from forward  
to backwards - to the right [INSTRUCTOR/DATE](#)

Two foot turn from forward  
to backwards - to the left [INSTRUCTOR/DATE](#)

## LEVEL 4

Right backward inside mohawk [INSTRUCTOR/DATE](#)

Left backward inside mohawk [INSTRUCTOR/DATE](#)

Forward lunge [INSTRUCTOR/DATE](#)

Forward stroking pattern [INSTRUCTOR/DATE](#)

Backward one foot glide on an  
outside edge - right foot [INSTRUCTOR/DATE](#)

Backward one foot glide on an  
outside edge - left foot [INSTRUCTOR/DATE](#)

## LEVEL 5

Backward outside edges [INSTRUCTOR/DATE](#)

Two foot jump from forward  
to backward while gliding [INSTRUCTOR/DATE](#)

Right forward outside three turn [INSTRUCTOR/DATE](#)

Left forward outside three turn [INSTRUCTOR/DATE](#)

Backward crossovers  
-right over left [INSTRUCTOR/DATE](#)

Backward crossovers  
-left over right [INSTRUCTOR/DATE](#)

## LEVEL 6

Backward inside edges [INSTRUCTOR/DATE](#)

Right backward outside mohawk [INSTRUCTOR/DATE](#)

Left backward outside mohawk [INSTRUCTOR/DATE](#)

Right forward inside mohawk [INSTRUCTOR/DATE](#)

Left forward inside mohawk [INSTRUCTOR/DATE](#)

Forward spiral [INSTRUCTOR/DATE](#)

Please return your progress card at the start  
of each session