

Ice

# junior skating

## LEVEL 8

Fast forward stroking

INSTRUCTOR/DATE

Two foot turn from forward  
to backward - one direction

INSTRUCTOR/DATE

Forward crossovers on a  
circle - right over left

INSTRUCTOR/DATE

Forward crossovers on a  
circle - left over right

INSTRUCTOR/DATE

Fast backward skating

INSTRUCTOR/DATE

Name \_\_\_\_\_

Please return your progress card at the start  
of each session

CONGRATULATIONS:

Junior Skating Levels completed - DATE

SIGNATURE OF INSTRUCTOR

mississauga.ca/skating  
Recreation customer service 905-615-4100

16186



Coloured by me age

mississauga.ca/skating

Recreation

 MISSISSAUGA

## LEVEL 1

March across the ice	<u>INSTRUCTOR/DATE</u>
Scraping motion	<u>INSTRUCTOR/DATE</u>
Get up - unassisted	<u>INSTRUCTOR/DATE</u>
Full turn on the spot	<u>INSTRUCTOR/DATE</u>

## LEVEL 2

Forward skating using alternate feet	<u>INSTRUCTOR/DATE</u>
Stationary snowplow stop	<u>INSTRUCTOR/DATE</u>
Skate and scull over an object	<u>INSTRUCTOR/DATE</u>
Back stepping	<u>INSTRUCTOR/DATE</u>
Two foot jump on the spot	<u>INSTRUCTOR/DATE</u>

## LEVEL 3

Forward skating -push / glide sequence	<u>INSTRUCTOR/DATE</u>
Forward skating followed by a snowplow stop	<u>INSTRUCTOR/DATE</u>
Forward skating followed by forward sculling	<u>INSTRUCTOR/DATE</u>
Two foot glide - 3 counts	<u>INSTRUCTOR/DATE</u>
Fast Back Stepping	<u>INSTRUCTOR/DATE</u>

## LEVEL 4

Fast forward skating	<u>INSTRUCTOR/DATE</u>
Fast forward skating followed by a snowplow stop	<u>INSTRUCTOR/DATE</u>
Fast forward sculling from a standstill	<u>INSTRUCTOR/DATE</u>
Two foot glide - 6 counts	<u>INSTRUCTOR/DATE</u>
Two foot glide followed by a two foot jump	<u>INSTRUCTOR/DATE</u>

## LEVEL 5

Scooter push in a straight line -push with right foot	<u>INSTRUCTOR/DATE</u>
Scooter push in a straight line -push with left foot	<u>INSTRUCTOR/DATE</u>
One foot glide on the right foot -hold for 2 counts	<u>INSTRUCTOR/DATE</u>
One foot glide on the left foot -hold for 2 counts	<u>INSTRUCTOR/DATE</u>
Backward snowplow stop	<u>INSTRUCTOR/DATE</u>
Backward sculling	<u>INSTRUCTOR/DATE</u>

## LEVEL 6

Scooter push on a circle -push with right foot	<u>INSTRUCTOR/DATE</u>
Scooter push on a circle -push with left foot	<u>INSTRUCTOR/DATE</u>
One foot glide on the right foot -hold for 4 counts	<u>INSTRUCTOR/DATE</u>
One foot glide on the left foot -hold for 4 counts	<u>INSTRUCTOR/DATE</u>
Fast backward sculling	<u>INSTRUCTOR/DATE</u>

## LEVEL 7

Forward stroking	<u>INSTRUCTOR/DATE</u>
Side stop - one direction	<u>INSTRUCTOR/DATE</u>
Scooter push on a circle -push with right -hold one foot glide - 2 counts	<u>INSTRUCTOR/DATE</u>
Scooter push on a circle -push with left -hold one foot glide - 2 counts	<u>INSTRUCTOR/DATE</u>
Backward skating	<u>INSTRUCTOR/DATE</u>

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