**Learn to Skate Course Descriptions**

Welcome to FMC Ice Sports’ Step 1: Learn to Skate Program. Whether you wish to pursue hockey or figure skating or just be able to enjoy the occasional arena visit with family and friends, Learn to Skate classes are the first step to success! Each level teaches skills that encourage basic coordination, balance and movement in a fun and entertaining atmosphere.

**Tot Learn to Skate (Ages 3-6)**

Instructors use songs, games, toys and other fun methods to cater to the learning styles and development of young skaters. 3 to 4 year olds are separated from 5 to 6 year olds initially in Pre Tot, but are grouped together as they advanced through the Tot levels. 6 year olds have the option to begin in Youth 1. Classes include 25-30 minutes of group instruction and 10-15 minutes of supervised play time.

PREREQUISITE: Skaters must be at least 3 years of age and potty trained. A helmet, such as a bike helmet or HECC helmet is required.

* Pre Tot (Beginners ages 3-4)
* Tot 1 (Beginners, ages 5-6, and 3-4 year olds who have passed Pre Tot)

**Youth Learn to Skate (Ages 6-12)**

Youth Learn to Skate levels are designed to teach basic motion, balance and coordination that prepare skaters for hockey, figure skating or the occasional rink visit. Classes consist of at least 30 minutes or more of group instruction and 5-10 minutes of supervised practice.

PREREQUSITE: Skaters must be at least 6 years of age and a helmet, such as a bike helmet or HECC helmet is required.

* Youth 1 (Beginners or those with minimal skating experience, ages 6-12)

**Teen / Adult Learn to Skate 1 (Ages 13+)**

Learn to Skate Teen / Adult is for participants 13 years and older who wish to learn how to skate or improve their basic skating skills. Instructors encourage the development of balance, coordination, mobility and other basic skating skills at a comfortable pace for each individual. Classes will be divided by ability and/or age if possible. Classes provide instruction and practice.

PREREQUISITE: Skaters must be at least 13 years of age. A helmet, such as a bike helmet or HECC helmet is required.

**BE PREPARED FOR CLASS**•Arrive 15-20 minutes prior to the class start time  
•A Helmet, such as a bike helmet or HECC helmet is required  
•Wear warm, comfortable layers that allow for movement, long sleeves & pants, gloves or mittens  
•Rental skates are available on a first-come, first-served basis and are included in the class fee  
•You are welcome to bring your own skates although double blade skates are not permitted

**What’s Next?**

Once skaters have mastered the elements taught in the Step 1: Learn to Skate program, they continue on with Step 2: Advanced Learn to Skate through FMC Ice Sports directly. For more information on these and other FMC Ice Sports programs, arenas and events, or to register, see your Skating Director or visit www.fmcicesports.com.