



Registered [HERE!](#)



Gilmour's Learn to Skate Program mirrors the Learn to Skate USA curriculum endorsed by the US Figure Skating Association, USA Hockey and US Speed Skating. Programming is designed to provide a fun and safe environment, grounded in solid skill progression. Skaters attain the necessary tools to reach the goals they set.



2024-2025 Session Dates

Fall-2 October 18th

Winter-1 January 10rd

Winter-2 February 28th

Spring 25' April 4th

*Registration due 1 day before start of session

**Mid-session registration for Learn to Skate
Level 1 classes are ALWAYS OPEN!**

BASIC SKILLS

All six (6) levels teach the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey and speed skating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

SNOWPLOW SAM

For ages 5 and under, these introductory classes are divided into four progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help younger children develop the ABCs of movement: agility, balance, coordination and speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

HOCKEY

This curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals to be successful in hockey practices and game situations. Necessary equipment: Hockey skates and helmet.

ASPIRE PROGRAM

The U.S. Figure Skating ASPIRE PROGRAM helps beginning figure skaters make the transition from learn to skate group classes into U.S. Figure Skating membership. Aspire teaches young athletes and their families what it means to be a figure skater. Aspire is a comprehensive package program that includes: on-ice classes, off-ice training, character development badge program and

Learn to Skate Coordinator:

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