

## Your First Lesson:

The first time that you arrive for a lesson I will meet you by reception and take you down to skate hire. I'll help you to boot up, showing you the best way to tie your skates and how to feel comfortable in them. We will walk over to the ice together and I will help you on. We will spend our time getting comfortable on the ice and learning to move with confidence. We will look at techniques for moving forwards and how to stop.

Hand-held assistance is available for the entire lesson should you want it.

## Further Lessons:

Initial lessons cover the basics of how to move across the ice both forwards and backwards, stopping, and moving in circles. From here we progress to turns on two feet then on one. Edge work is the ability to control where your feet take you and is used in everything that a skater does, from jumps, to spins, even just moving forwards. Edge work is so key in skating and truly forms the fundamentals of all that we do. Due to this we will focus on edge work for any new skater.

We will steadily move forward with the Skate UK syllabus for Levels 1-8, working our way up to spins and jumps, culminating in a short routine of several elements sequenced together to music of your choice.

## Beyond Level 8:

Once you have reached UK Skate Level 8, we will progress to Bronze, Silver, and Gold. This is when jumps and spins start to become more involved in the skating. More routines will start to be created and competitions can be entered.

If you are curious, come and say hello! Visit the rink on one of the many public sessions and try. If you recognise me come and speak to me, I'm sure we will be able to find a session for you to try the sport.

Happy skating!

*Lydia*