



# Congrats!

You have completed WinSport's  
Preschool Learn to Skate program!



## Preschool Learn to Skate

Name: \_\_\_\_\_

[winsport.ca](https://winsport.ca)

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## Parent & Tot

Instructor:

Notes:

### Go Forward

- ☐ Balance on two feet
- ☐ Walk forwards (duck walk)
- ☐ March on the spot

### Stop

- ☐ Fall down and get up
- ☐ Make snow

### Spin

- ☐ Walking around on the spot (walking spin)

### Jump

- ☐ Two-foot jump on the spot

### I Can...

- ☐ Show you the rules of the ice by always being safe and respectful
- ☐ Show you what I should wear on the ice by always coming prepared
- ☐ Stay with my parent and instructor for the whole lesson
- ☐ Be comfortable playing games on the ice

\*all skills may be completed with or without assistance from parents

## Level 2

Instructor:

Notes:

### Go Forward

- ☐ Push/glide sequence (8 strides)
- ☐ Two-foot glide
- ☐ Two-foot sit glide
- ☐ Two-foot sculling (8 bubbles)

### Go Backward

- ☐ Walk backward (8 steps)

### Stop

- ☐ Make snow

### Turn

- ☐ Two-foot 1/2 turn on spot

### Jump

- ☐ Two-foot jump while gliding forward

### I Can...

- ☐ Show you the rules of the ice by always being safe and respectful
- ☐ Show you what I should wear on the ice by always coming prepared
- ☐ Get up unassisted immediately after falling down
- ☐ Skate safely and in control
- ☐ Skate at an appropriate speed for the group

## Level 1

Instructor:

Notes:

### Go Forward

- ☐ Balance on two feet
- ☐ Walk forward (duck walk)
- ☐ March on the spot

### Stop

- ☐ Fall down and get up

### Turn

- ☐ Two-foot quarter turn on the spot

### Spin

- ☐ Walking around on the spot (walking spin)

### Jump

- ☐ Two-foot jump on the spot

### I Can...

- ☐ Show you the rules of the ice by always being safe and respectful
- ☐ Show you what I should wear on the ice by always coming prepared
- ☐ Stay with my group and instructor for the entire lesson
- ☐ Skate safely and in control
- ☐ Skate at an appropriate speed for the group

## Level 3

Instructor:

Notes:

### Go Forward One-foot glide

- ☐ Left foot
- ☐ Right foot

### C-cuts

- ☐ Left foot
- ☐ Right foot
- ☐ Alternating

### Go Backward

- ☐ Push/glide sequence (8 strides)
- ☐ Two-foot glide
- ☐ Two-foot sculling (8 bubbles)

### Stop

- ☐ Forward snowplow or forward 1/2 snowplow

### Jump

- ☐ Two-foot jump when gliding backward

### I Can...

- ☐ Show you the rules of the ice by always being safe and respectful
- ☐ Show you what I should wear on the ice by always coming prepared
- ☐ Get up unassisted immediately after falling down
- ☐ Skate safely and in control
- ☐ Skate at an appropriate speed for the group
- ☐ Stop before hitting the boards