



ADULT REPORT CARD

Student Name:	
Instructor:	
Level Enrolled:	
Next Session Enroll in Level:	
<input type="checkbox"/> Pass	Date:
<input type="checkbox"/> Needs Improvement	

ADULT 1	ACCOMPLISHED
A. Falling and recovery; on ice	
B. Forward marching	
C. Forward two-foot glide	
D. Forward swizzles (4-6 in a row)	
E. One forward swizzle/one backward swizzle (rocking horse)	
F. Dip	
G. Forward snowplow stop – two feet or one foot	

ADULT 2	ACCOMPLISHED
A. Forward skating across the width of the ice	
B. Forward one-foot glides, R and L	
C. Forward slalom	
D. Backward skating	
E. Backward swizzles (4-6 in a row)	
F. Two-foot turns in place	

ADULT 3	ACCOMPLISHED
A. Forward stroking using the blade properly (begin with repetitive one-foot pushes)	
B. Forward half-swizzle pumps on the circle; 6 to 8 in a row, clockwise and counterclockwise	
C. Moving forward to backward and backward to forward two-foot turn on a circle, clockwise and counterclockwise	
D. Backward skating into a long two-foot glide	
E. Forward chasses on a circle, clockwise and counterclockwise	
F. Backward snowplow stop, R and L	

ADULT 4	ACCOMPLISHED
A. Forward outside edge on a circle, R and L	
B. Forward inside edge on a circle, R and L	
C. Forward crossovers, clockwise and counterclockwise	
D. Backward one-foot glides, R and L	
E. Backward half-swizzle pumps on a circle, clockwise and counterclockwise	
F. Hockey stop, both directions	

ADULT 5	ACCOMPLISHED
A. Backward outside edge on circle, R and L	
B. Backward inside edge on a circle, R and L	
C. Backward crossovers, clockwise and counterclockwise	
D. Forward outside three-turn, R and L	
E. Forward swing rolls to a count of six	
F. Beginning two-foot spin	

ADULT 6	ACCOMPLISHED
A. Forward stroking with crossover end patterns	
B. Backward stroking with crossover end patterns	
C. Forward inside three-turn, R and L	
D. Forward outside to inside change of edge on a line, R and L	
E. T-stop, R or L	
F. Lunge	
G. Two-foot spin into one-foot spin	

Upon completion of the Adult 1-6 curriculum, adult skaters should feel confidence with all fundamental skating skills and may choose to progress to more specialized areas of skating such as free skating, ice dancing, adult hockey leagues, or joining a synchronized skating team.

THE MISSION OF LEARN TO SKATE USA IS TO PROVIDE A FUN AND POSITIVE EXPERIENCE THAT WILL INSTILL A LIFELONG LOVE OF SKATING.