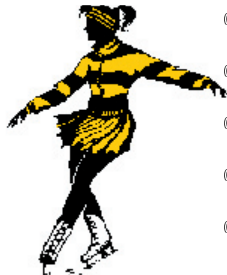


Beginners Welcome - Bring a Friend!

SUMMER ADULT SKATING LESSONS

Welcome to **Ice World's** comprehensive group lesson program exclusively for adults. If you used to skate in childhood, or have always wanted to, we have a program for you! Our philosophy is to provide top notch, professional instruction for beginner through advanced skaters in a relaxed environment. This program is based on the fundamentals of the United States Figure Skating Association (**USFSA**). Lessons will be held during the first half hour of our Tuesday evening public sessions.



- ☛ **Tuesdays 6:45 - 8:15 pm**
- ☛ **Six Weekly Sessions - Professional Instruction**
- ☛ **1/2 Hour Lesson and 1Hour Practice Weekly**
- ☛ **Free Skate Rentals** ☛ **Limited Class Sizes**
- ☛ **Adult Classes Grouped by Ability**

**Now Only
\$ 115.**

- * To ensure availability of classes, please register 2 weeks before start date. First come, first served.
- * Additional family members registering for the same series receive a 10% discount on the extra class.
- * Please note that there are **NO MAKE-UP CLASSES. REFUNDS SUBJECT TO A \$25 REGISTRATION FEE.**
- * For more information, please contact: **Heather Piepenburg, Skating Director @ (410) 612-1000 ext.101**

Adult Skating Lesson Registration Form (Pre-registration & full payment required)

First Name _____ Last Name _____
 Address _____ City _____ State ____ Zip _____
 Work Number _____ Home Number _____
 eMail Address _____
 Skating Experience: Never Skated Have Skated (Little or No Lessons) Previous Lessons

<input type="checkbox"/> Series 1 May 26 - June 30, 2009 <input type="checkbox"/> Series 2 July 7 - Aug. 11, 2009		TUESDAYS 6:45 - 7:15 pm Lesson 7:15 - 8:15 pm Practice
Class (choose 1): Basic <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8		

Method of Payment: Check # _____ Cash Credit Card Exp. Date: _____
 *If Credit: Visa M/C Discover Amex # _____

Assumption of Risk Agreement and Release:
 Upon entering events sponsored by Ice World &/or agents or affiliates, I/We agree to abide by the rules of Ice World as currently published. I/We understand and appreciate that participation or observation of ice skating constitutes risk of serious injury or death. I/We voluntarily and knowingly recognize, accept and assume this risk and release Ice World, Ice Partners I, LLC, Sponsors, or event organizers and officials from any and all liability therefore.

Date: _____ **Signature:** _____

Return completed form and payment to: Ice World, 1300 Governor Ct., Abingdon, MD 21009

ICEWORLD'S BASIC SKILLS CLASSES FOR ADULTS

BASIC 1

Sit on the ice and stand up
March forward across the ice
Skate forward and glide on two feet
Dip
Forward two foot swizzles: 6 - 8 in a row
Backward wiggles: 6 - 8 in a row
Snowplow stop
Rocking horse swizzle action: 2 - 3 in a row
Two foot hop on a spot

BASIC 2

Forward one foot glide: R & L
Backward two foot glide
Backward two foot swizzles: 6 - 8 in a row
Two foot turn from forward to backward in place
Moving snowplow stop
Forward alternating 1/2 swizzle pumps in a straight line

BASIC 3

Forward stroking showing the correct use of the blade
Forward 1/2 swizzle pumps on a circle, 6-8 in a row: both directions
Moving forward to backward two foot turn: both directions
Backward one foot glides, R & L
Forward Slalom
Two foot spin: 2 revolutions

BASIC 4

Forward outside edge on a circle, held 2 times the skater's height: R & L
Forward inside edge on a circle, held 2 times the skater's height: R & L
Forward crossovers, both directions: 5 consecutive crossovers
Forward outside three turn from a T-position: R & L
Backward 1/2 swizzle pumps on a circle: 6 - 8 consecutive, both directions
Backward stroking
Backward snowplow stop: R & L

BASIC 5

Back outside edge on a circle, held 2 times the skater's height: R & L
Back inside edge on a circle, held 2 times the skater's height: R & L
Backward crossovers, both directions: 5 consecutive crossovers
Beginning one foot spin: 3 revolutions
Hockey Stop
Side toe hop: both directions

BASIC 6

Forward inside three turn from a T-position: R & L
Moving backward to forward two foot turn on a circle: both directions
T-stop with an outside edge skid: R OR L
Bunny hop
Forward arabesque/spiral in a straight line: R OR L
Forward lunge: R OR L

BASIC 7

Forward inside open mohawk from a T-position: R & L
Backward outside to forward outside transition on a circle: R & L
Ballet Jump
Back crossovers to backward outside edge glides (landing position), both directions
Forward inside pivot

BASIC 8

Moving forward outside three turns on a circle: R & L
Moving forward inside three turn on a circle: R & L
Combination move: Forward crossovers (2) into a FI mohawk, cross behind, push into a back crossover (1) and push to FI edge - repeat 3 times, both directions
One foot upright spin
Waltz jump
Mazurka: R OR L