



FREESTYLE LESSONS

Freestyle Lessons are for students who have completed Ice World's LEARN TO SKATE program or have passed the LTS USA Basic Six level (See class description on back). Through the Freestyle classes, skaters will develop proper jump and spin techniques as well as learning selected moves in the field. For more information, please contact Skating Director at 410-612-1000 x101 or skating@iceworld.com.



Time: Saturdays 10:00-10:30am
or Mondays 6:30-7:00pm
Level: Freeskate Levels 1 thru 6
Cost: \$115 for the 6 week series.
Includes one half hour lesson per week and 3 free freestyle sessions.

*Please visit www.LearnToSkateUSA.com to receive your member number.



18th Annual Ice World Basic Skills Competition: Apr. 1, 2017!

- * A \$5 late fee will be added to anyone who does not register at least 5 days before the first day of lessons.
- * 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.**

Parent's Name _____ Child's Name _____
 Address _____ City _____ State _____ Zip _____
 Work Number _____ Home Number _____ Child's DOB _____
 Email Address _____
 Learn to Skate USA # _____

Freestyle Lesson Registration Form

(Pre-registration and full payment required)



Saturdays 10:00—10:30 am <input type="checkbox"/> Series 1 Sep. 17—Oct. 22, 2016 <input type="checkbox"/> Series 2 Oct. 29—Dec. 10, 2016* <input type="checkbox"/> Series 3 Jan. 7—Feb. 11, 2017 <input type="checkbox"/> Series 4 Feb. 18—Mar 25, 2017 <input type="checkbox"/> Series 5 Apr. 8—May 20, 2017 *Excludes November 26, 2016 & April 15, 2017	Mondays 6:30—7 pm <input type="checkbox"/> Series 1 Sep 19—Oct. 24, 2016 <input type="checkbox"/> Series 2 Nov. 7—Dec. 12, 2016 <input type="checkbox"/> Series 3 Jan. 2—Feb 6, 2017 <input type="checkbox"/> Series 4 Feb. 20—Mar 27, 2017 <input type="checkbox"/> Series 5 Apr. 3—May 8, 2017	Level: <input type="checkbox"/> Pre Freestyle <input type="checkbox"/> FS1 <input type="checkbox"/> FS4 <input type="checkbox"/> FS2 <input type="checkbox"/> FS5 <input type="checkbox"/> FS3 <input type="checkbox"/> FS6
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CHECK (# _____) Cash
 # _____

METHOD OF PAYMENT: CREDIT CARD*
 *If Credit, Circle One: Visa M/C Discover Amex
 Security Code: _____ Exp. Date: _____

On-Line Registration Now Available!
 Get the link on the Home page or the Learn to Skate page at www.iceworld.com

Office Use:		
Amt. pd _____	Initials _____	Date _____

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 1, LLC, Sponsors, or event organizers and officials from any and all liability therefore. I hereby grant permission to the Ice Partners 1, LLC doing business as "Ice World" to photograph and or videotape my child/me and use any photographs or videos they may take of my child/me on its web site or in other official printed or televised publications (including press releases, advertisements, or application forms) without further consideration or permission from me. I understand that these photographs or electronic matter are the property of Ice World. I hereby waive any right to inspect or approve the photographs or electronic matter that may be used in conjunction with the photographs or videos now or in the future, whether that use is known to me or unknown. I also waive any right to royalties or other compensation arising from or related to the use of the photographs or videos.

DATE: _____ By: _____
 (Signature of guardian required for minors under age 18)

Send Check, Payable to "ICE WORLD"

1300 Governor Court
 Abingdon, MD 21009

For Further information call

Skating Director

@ 410-612-1000x101 or

skating@iceworld.com

www.iceworld.com

Ice World's Freestyle Classes

The freeskate levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to figure skating.

PRE-FREESKATE (Combination of Basic 7 & 8)

Forward inside open mohawk from a standstill position
(R to L and L to R)
Backward crossovers to a backward outside edge glides
(landing position), clockwise and counterclockwise
Backward outside edge to a forward outside edge transition,
clockwise and counterclockwise
Two forward crossovers into a forward inside mohawk,
step down and cross behind, step into one backward
crossover and step to a forward inside edge,
clockwise and counterclockwise
One-foot upright spin, optional entry and free-foot position
(minimum three revolutions)
Mazurka (R and L), Waltz jump

FREESKATE 1

Advanced forward stroking
Forward outside and inside consecutive edges: 4-6 edges
Advanced backward outside 3-turn: R & L
Scratch spin from back crossovers: minimum 3 revolutions
Waltz jump from 2—3 back crossovers
Half flip

FREESKATE 2

Backward outside and inside consecutive edges: 4-6 edges
Forward outside and inside spirals, clockwise and counter
clockwise: R & L
Continuous forward progressive chasse sequence:
clockwise and counterclockwise
Waltz 3's: R & L
Beginning back spin: minimum 1—2 revolutions
Waltz jump, side toe hop, waltz jump sequence
Toe loop jump

FREESKATE 3

Forward and backward crossovers in a figure eight
Waltz eight
Advanced forward consecutive swing rolls: 4—6
Backward inside 3-turn: R & L

FREESKATE 4

Spiral sequence: FI spiral, FO mohawk, BO spiral:
clockwise and counterclockwise
Forward power 3-turns, minimum of 2—3 consecutive
sets: R & L
Continuous backward progressive chasse sequence on a
circle: clockwise and counterclockwise
Sit spin: minimum 3 revolutions
Loop jump
Waltz jump/ Loop jump combination

FREESKATE 5

BO 3-turn, FI mohawk, into 3 back crossovers (repeat 3
times): clockwise and counterclockwise
Spiral sequence: FO spiral, FO 3-turn, (1)
back crossover, BI spiral, both directions
FO slide chasse swing roll sequence, 3—6 times:
alternating feet
Camel spin: minimum 3 revolutions
Forward upright spin to back scratch spin: 3 revolutions
on each foot
Loop/Loop combination
Flip jump
Waltz jump/Falling Leaf/ Toe loop jump sequence

FREESKATE 6

Alternating back crossovers to BO edges: 4—6 lobes
Five step mohawk: clockwise and counterclockwise
Camel/ Sit spin combination: 5 revolutions
Split OR stag jump
Waltz jump/ Half Loop/ Salchow
Lutz jump
Axel: walk through, preparation, jump
(skater should have an understanding of the
mechanics of this jump, and is not required to land it)