



## SUMMER 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 Sarah McKahan, Skating Director at 410-612-1000 x101 or [skating@iceworld.com](mailto:skating@iceworld.com).

**Time: Mondays 6:30-7:30pm**

**Includes: 6 Weekly Lessons. Skaters will receive a half hour lesson and half hour practice weekly in addition to 3 free freestyle session passes.**

**\$115**

\* Please visit [www.learntoskateusa.com](http://www.learntoskateusa.com) to receive your member number (REQUIRED)

- \* 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 \_\_\_\_\_  
 Cell Number \_\_\_\_\_ Home Number \_\_\_\_\_ Child's DOB \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Learn to Skate USA # \_\_\_\_\_ (REQUIRED)

**Mondays 6:30—7:30 pm**

Series 6 May 15—June 26, 2017\*

Series 7 July 10—Aug. 14, 2017\*\*

\*No lessons 5/29/17

\*\*7/10 & 7/17 class is 6:50-7:50pm

Level:

Pre Freestyle

FS1  FS4

FS2  FS5

FS3  FS6

### Freestyle Lesson Registration Form

(Pre-registration and full payment required)

METHOD OF PAYMENT:  CREDIT CARD\*  CHECK (# \_\_\_\_\_)  Cash

\*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](http://www.iceworld.com)

Office Use:

Amt. pd \_\_\_\_\_ Initials \_\_\_\_\_ Date \_\_\_\_\_

**Send Check, Payable to "ICE WORLD"**

1300 Governor Court  
Abingdon, MD 21009

For Further information call  
Sarah McKahan  
Skating Director  
@ 410-612-1000x101 or  
[skating@iceworld.com](mailto:skating@iceworld.com)

**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 World Maryland, LLC, Sponsors, or event organizers and officials from any and all liability therefore. I hereby grant permission to the Ice World Maryland, 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)

# Summer Freestyle Lessons

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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)

- A. Forward inside open mohawk from a standstill position (R to L and L to R)
- B. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
- C. Backward outside edge to a forward outside edge transition, clockwise and counterclockwise
- D. 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

Spins:

- A. One-foot upright spin, optional entry and free-foot position (minimum three revolutions)

Jumps:

- A. Mazurka (R and L), B. Waltz jump

## FREESKATE 1

- A. Forward power stroking, clockwise and counterclockwise
- B. Basic forward outside and forward inside consecutive edges (four to six consecutive edges)
- C. Backward outside three-turns (R and L)

Spin:

- A. Upright spin, entry from back crossovers (min. four to six revolutions)

Jumps:

- A. Half flip, B. Toe loop

## FREESKATE 2

- A. Alternating forward outside and inside spirals on a continuous axis (two sets)
- B. Basic backward outside and backward inside consecutive edges (four to six consecutive edges)
- C. Backward inside three-turns (R and L)

Spin:

- A. Beginning back spin (up to two revolutions)

Jumps:

- A. Half Lutz, B. Salchow

## FREESKATE 3

- A. Alternating backward crossovers to back outside edges – Four sets
- B. Alternating mohawk/crossover sequence (R to L and L to R)
- C. Waltz three-turns (forward outside three turn, backward outside edge glide), clockwise and counterclockwise

Spin:

- A. Advanced back spin with free foot in crossed leg position (min. three revolutions)

Jumps:

- A. A. Loop jump, B. Waltz jump-toe loop or Salchow-toe loop combination

## FREESKATE 4

- A. Forward power three-turns (R and L), 3 sets each
- B. Waltz eight, clockwise and counterclockwise
- C. Forward upright spin to backward upright spin (3 revs., each foot)

Spins:

- A. Forward upright spin to backward upright spin (3 revs., each foot)

- B. Sit spin (minimum three revolutions)

Jumps:

- A. Half loop, B. Flip

## FREESKATE 5

- A. Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise
- B. Five-step mohawk sequence, clockwise and counterclockwise

Spins:

- A. Camel spin (minimum three revolutions)

Jumps:

- A. Waltz jump-loop jump combination, B. Lutz jump

## FREESKATE 6

- A. Forward power pulls (R and L)
- B. Creative step sequence, skater's choice, using a variety of three-turns, mohawks and toe steps

Spins:

- A. Camel-sit spin combination (minimum two revolutions each position)

- B. Layback or attitude spin or cross-foot spin (three revolutions)

Jumps:

- A. Waltz jump-half loop-Salchow jump sequence, B. Axel