



SUMMER SKATING LESSONS

Welcome to Ice World's comprehensive group lesson program for skaters age 4 and up, including adults. Our philosophy is to provide top notch, professional instruction for beginner through advanced skaters in a relaxed and fun environment. **LEARN TO SKATE** is based on the fundamentals of United States Figure Skating (USFS), and is necessary for those wishing to proceed on to ice hockey or freestyle.



- ◆ Six Weekly Sessions-Professional Instruction
- ◆ 1/2 Hour Lesson and 1/2 Hour Practice Weekly
- ◆ Classes Grouped by Age and Ability
- ◆ Free Skate Rentals
- ◆ Limited Class Size
- ◆ Three Free Passes to Public Sessions
- ◆ Bike Helmet Recommended for Newcomers

\$105

- * To ensure availability of classes, please register 2 weeks before start date. First come, first served.
- * **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.**
- * For more information, please contact: **Heather Piepenburg, Skating Director** at 410-612-1000 x101.

Parents Full Name _____ Child's Name _____
 Address _____ City _____ State _____ Zip _____
 Work Number _____ Home Number _____ Child's DOB _____
 Email Address _____

Group Lesson Registration Form

(Pre-registration and full payment required)



Tuesdays 6:00—7:00 pm
 Series 1 May 24—June 28, 2016
 Series 2 July 12—Aug. 16, 2016

Wednesdays 6:45—7:45 pm
 Series 1: May 25—June 29, 2016
 Series 2: July 13—Aug. 17, 2016

Thursdays 1:30—2:30 pm*
 Series 1 May 26—June 30, 2016
 Series 2 July 14—Aug. 18, 2016
 *11:45am-12:45pm on 7/28 & 8/11

Level: Snowplow Sam 1 2 3 Basic 1 2 3 4A 4B 5 6 7 8

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

*If Credit, Circle One: Visa M/C Discover Amex # _____

Exp. Date: _____ Security Code: _____

Office Use:
 Amt. pd _____ Initials _____ Date _____

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

Skating Experience:

- Never skated
- Skated little/ No lessons
- Previous lessons

Send Check, Payable to "ICE WORLD"

1300 Governor Court
 Abingdon, MD 21009

For further information call

Heather Piepenburg,
 Skating Director

@ 410-612-1000x101 or
 skating@iceworld.com

Fax: 410-612-1004

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

Ice World's Basic Skills Classes

SNOWPLOW SAM 1 (Ages 4-6)

Sit and stand up: off and on ice
March in place
March forward: 8 to 10 steps
March, then glide on two feet
Dip in place: bend knees

SNOWPLOW SAM 2 (Ages 4-6)

March followed by a long glide
Dip while moving
Back wiggles: 6 in a row
Forward two foot swizzles: 2-3 in a row
Rocking horse: one forward, one backward swizzle action
Two foot hop in place

SNOWPLOW SAM 3 (Ages 4-6)

Forward skating: 8-10 steps
Forward one foot glide: R & L
Forward two foot swizzles: 4-6 in a row
Backward two-foot swizzles: 4-6 in a row
Forward snowplow stop with a skid
Curves

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 direction
Moving forward to backward two foot turn: both directions
Backward one foot glides, R & L
Forward Slalom
Two foot spin: 2 revolutions

BASIC 4-A

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 direction: 5 consecutive crossovers
Backward snowplow Stop: R & L

BASIC 4-B

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

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 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 turns 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
