



SUMMER FREESTYLE LESSONS

Freestyle Lessons are for skaters who have completed Ice World's LEARN TO SKATE program or have passed the USFS Basic Eight 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 Heather Piepenburg, Skating Director.



Time: Mondays 6:30-7:30 pm
Level: Freeskate Levels 1 thru 6
Includes: 6 Weekly Lessons. Skaters will receive a half hour lesson and half hour practice weekly in addition to 3 free freestyle session passes.

Series 1 May 23—July 11, 2016*
Series 2 July 18—Aug. 22, 2016

* No class 5/30/16 & 7/4/16

\$110



- * 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.**

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



Series 1 Series 2

Level: FS1 FS2 FS3 FS4 FS5 FS6

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

Freestyle Lesson Registration Form

(Pre-registration and full payment required)

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

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.

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
Back spin with free foot in crossed leg position: minimum 3 revolutions
Salchow jump
Half Lutz jump
Waltz jump/Toe Loop combination OR
Salchow/ Toe Loop combination

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)