

### USFS FREE SKATE CURRICULUM

Each free skate level is divided into four sections: moves in the field, spins, dance/footwork and jumps. 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 the sport of figure skating.

#### Pre Free Skate - (\$112-8 weeks)

Class will cover mohawks, beginning 2 foot spin, mazurka & waltz jump

#### Free Skate1 (All ages) - (Student instructor ratio 12:1) - \$112/8 weeks

This class will cover advanced stroking, forward consecutive edges, backward outside 3 turns, forward scratch Spin, waltz jump and half flip.

#### Free Skate 2 (All ages) - (Student instructor ratio 12:1) - \$112/8 weeks

This class will cover consecutive backward edges, forward outside and inside spirals, forward progressive Chasse sequence, waltz 3's, waltz jump/side toe hop/waltz jump, and toe loop

#### Free Skate 3 (All ages) - (Student instructor ratio 12:1) - \$112/8 weeks

This class covers advanced forward and backward crossovers, waltz 8, backward inside 3 turns, swing rolls, Back spin, salchow, half lutz, and waltz jump toe loop or salchow toe loop combination.

#### Free Skate 4 (All ages) - (Student instructor ratio 12:1) - \$112/8 weeks

This class will cover spiral sequences, forward power 3 turns, backward progressive/chasse sequence, Sit spin, loop jump, waltz jump loop jump combination.

#### Free Skate 5 (All ages) - (Student instructor ratio 12:1) - \$112/8 weeks

This class will cover spiral sequences, footwork sequences, camel spin, forward spin to back spin, Loop/loop combination, flip and waltz jump-falling leaf-toe loop sequence.

#### Free Skate 6 (All ages) - (Student instructor ratio 12:1) - \$112/8 weeks

This class will cover Alternating back crossovers to outside edge, 5 step Mohawk sequence, camel/sit, Combination spin, split or stag jumps, waltz jump-half loop-salchow, lutz and axle preparation.

Pre-Free Skate & Free Skate 1-6 classes are offered at the following times:

Friday 5:00pm-5:30pm

Saturday 10:20am-10:50am

#### Edge/Footwork: (Preliminary – Senior Levels) - \$100/8 weeks

This class will be 30 minutes emphasizing on edge work and footwork technique.  
(Skaters will be split up according to ability) - **Friday 5:00pm-5:30pm**

Skater Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Class Level: \_\_\_\_\_ Day & Time: \_\_\_\_\_

Session: \_\_\_\_\_



## Arctic Ice Arena

### LEARN TO

# SKATE

### USA

Basic Ice Skating Skills Classes for Figure and Hockey Skaters  
Youth-Adult

## 2018 Fall Session

### 8 Week Session

### September 7th/8th - October 26th/27th

### Registration: August 6th - September 1st

For More Information  
Call Front Desk  
708.403.4231



Arctic Ice Arena  
10700 West 160th Street  
Orland Park, IL 60467

[www.ArcticIceArena.com](http://www.ArcticIceArena.com)



# ARCTIC ICE ARENA LEARN-TO-SKATE

## REGISTRATION POLICIES

### IMPORTANT:

The learn-to-skate program is designed to help skaters feel comfortable on the ice and teach basic balance, coordination and maneuvering. The program is also based on the US Figure Skating basic skills program. Class instructors make learning fun with songs, games, toys and challenges for younger skaters.

Skaters must be able to walk in skates to participate. It is recommended that all **first time skaters regardless of age** try on and walk in a pair of skates off of the ice **PRIOR** to registration. Absolutely no refunds are issued once a skater is registered. Classes with 4 or less skaters **WILL BE COMBINED** with other classes or be canceled.

**One make-up per session is allowed between weeks 2-7 only.** The first and last week of class are used to evaluate skaters in order to ensure proper level placement.

## CLASS PREPARATION

-Figure skates are recommended for **ALL beginners** for the first session of lessons. **No double blades allowed!** **Absolutely no refunds are given once a child is registered for class!**

-Please arrive **EARLY** for each class. Extra time is needed to properly lace up skates and check in.

-Please avoid wearing cotton socks in skates. Thick socks can cause blisters and do not keep feet warm. Thick socks will necessitate the skater to wear a larger skate which may not properly support the skaters' feet and ankles. A nylon type thin sock is recommended for all skates.

-Instructors are available to answer any questions a parent might have before or after any class. Beginner classes meet off ice on the first day of class in order to check skates to see that they are laced properly and fitted correctly.

-Skates are available to rent for \$2 per class and are highly recommended. Rental skates are kept sharp and made of leather, not vinyl. This is important so that ankles are properly supported.

-It is imperative that parents remain away from the glass and rink doors while classes have started and remain seated in the bleachers or lobby. **ABSOLUTELY NO PARENTS ARE ALLOWED ON THE ICE IN SHOES.** Parents are a great distraction to the entire class. Please be courteous to the instructors, class and fellow parents and allow our instructors to do their job without interruption. Please leave the teaching to the staff and be patient. It takes time to learn to skate!

## FREE PRACTICE SESSIONS: PRACTICE MAKES PERFECT!!!!

All learn to skate students are encouraged to practice their skills they have learned in class. Practice is necessary in order to advance to the next level. Parents and siblings may also take this opportunity to skate at these practices. Skate rental fees apply and practice times are on days when classes are in session:

**Friday 5:30pm - 5:40pm**

**Saturday 10:10am - 10:20am & 10:50am - 11:00am**

## SNOW PLOW SAM PROGRAM

Snowplow Sam levels are designed to help the preschool-age skater develop preliminary coordination and strength to maneuver on the ice. After Snowplow Sam skaters will progress to Basic skills level 2.

### Snowplow Sam 1 (ages 3-5) - (Student instructor ratio=5:1) - \$112 - 8 weeks

This class will cover standing up off and on the ice, marching and standing still dips.

### Snowplow Sam 2 (ages 3-5) - (Student instructor ratio=5:1) - \$112 - 8 weeks

This class will cover marching, gliding, dips while moving, back wiggles and beginning swizzles.

### Snowplow Sam 3 (Ages 3-5) - (Student instructor ratio=5:1) - \$112 - 8 weeks

This class will cover forward skating, one foot glides, forward and back swizzles, and snowplows.

## **Snowplow Sam 1-4 classes are offered at the following times:**

**Friday 5:40pm-6:10pm    Saturday 10:20am-10:50am**

**Saturday 11:00am-11:30am**

# USFS BASIC SKILLS 1-8 CLASSES

The "basic skills" are the fundamentals of the sport. These 8 levels of the program introduce the fundamental moves.

### Basic 1 - (Ages 6 and up)-(Student instructor ratio= 12:1)- \$112-8 weeks

For beginner skaters- Class will cover the proper way to fall and get up, marching across the ice, 2 foot glides, forward swizzles and snow plow stops.

### Basic 2 - (All ages) - (Student instructor ratio= 12:1)- \$112-8 weeks

Covers one foot glides, backward 2 foot glides, backward swizzles, and 2 foot turns.

### Basic 3 - (All ages) - (Student instructor ratio= 12:1) - \$112-8 weeks

Covers forward stroking, forward circle pumps, backward one foot glides and 2 foot spins.

### Basic 4 - (All ages) - (Student instructor ratio= 12:1) - \$112-8 weeks

Covers forward edges on a circle, forward crossovers, beginning forward 3 turns, Backward pumps and backward stroking.

### Basic 5 - (All ages) - (Student instructor ratio= 12:1) - \$112-8 weeks

Covers backward edges on a circle, backward crossovers, hockey stops, and 1 foot spins.

### Basic 6 - (All ages) - (Student instructor ratio= 12:1) - \$112-8 weeks

This class will cover forward inside 3 turns, moving backward to forward, T-stops, bunny hops, forward Lunges and forward spirals.

### Basic 1-6 Times:

**Fri 5:40pm-6:10pm**

**Sat 10:20am-10:50am**

**Saturday 11:00am-11:30am**

### Teen/Adult 1-4 (Student instructor ratio= 12:1)- \$112 - 8 weeks

The Teen/Adult curriculum is designed for the beginner skater 16 y/o and over. It will promote physical fitness and improve balance and coordination while teaching proper skating techniques. Divided into 4 levels, skaters will progress at an individual rate while being challenged and motivated.

**Saturday 11:00am-11:30am**