

# FREESTYLE LESSONS



**TIME :** Saturdays 10:00 -10:30 am  
**LEVEL:** Freeskate Levels 1 thru 6  
**COST:** \$105.00 for the 6 week series. Includes one half hour lesson per week and 2 free freestyle sessions. No Make-Up Classes.  
 Refunds are subject to a \$25 registration fee. No refunds after first class.

Series 1: Sept. 19 - Oct. 24, 2009      Series 4: Feb. 13 - Mar. 20, 2010  
 Series 2: Oct. 31 - Dec. 12, 2009\*      Series 5: Apr. 10 - May 15, 2010  
 Series 3: Jan. 2 - Feb. 6, 2010                      \*No class 11/28/09

## Basic Skills & Beyond Competition - Sat., March 27, 2010

Freestyle Lessons (See class descriptions on back) are for students who have completed Ice World's LEARN TO SKATE program or have passed the USFS Basic Eight level. 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 @ (410) 612-1000 ext. 101      Fax (410) 612-1004      Email skating@iceworld.com

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**Freestyle Registration (Pre-registration & full payment required)**

Parent's Full Name \_\_\_\_\_ Student's Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Work Number \_\_\_\_\_ Home Number \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 eMail Address \_\_\_\_\_

**Class Level**     FS 1     FS 2     FS 3     FS 4     FS 5     FS 6

Series 1     Series 2     Series 3     Series 4     Series 5

**METHOD OF PAYMENT:**       CREDIT CARD\*       CHECK # \_\_\_\_\_       CASH

\*If Credit, Circle One: Visa    M/C    Discover    Amex # \_\_\_\_\_      Exp. 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 I, LLC, Sponsors, or event organizers and officials from any and all liability therefore.

**Date:** \_\_\_\_\_      **Signature:** \_\_\_\_\_  
 (Signature of guardian required for minors under the age of 18)

Return completed form, along with payment, to Ice World, 1300 Governor Ct., Abingdon, MD 21009  
 www.iceworld.com

# IceWorld 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)