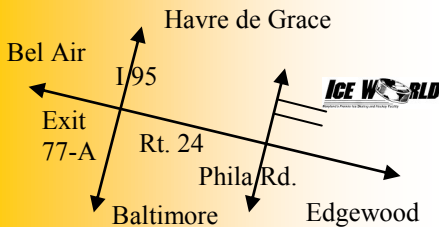




SKATING LESSONS

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.

Directions: I-95 North to Exit 77-A and bear right onto Rt. 24 South. At second light, left onto Philadelphia Rd. (#7). Take second right onto Governor Court to Ice World



- ◆ Six Weekly Sessions-Professional Instruction
- ◆ 1/2 Hour Lesson and 1/2 Hour Practice Weekly
- ◆ Classes Grouped by Age and Ability
- ◆ Limited Class Size
- ◆ Free Skate Rentals
- ◆ Three Free Passes to Public Sessions
- ◆ Bike Helmet Recommended for Newcomers
- ◆ 13th Annual Ice World Basic Skills Competition: Mar. 31, 2012!



* 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 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.

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Parent's 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 5:30—6:30 pm

- Series 4 Feb. 21—Mar. 27, 2012
- Series 5 Apr. 10—May 15, 2012

Thursdays 6:30—7:30pm

- Series 4 Mar. 1—Apr. 5, 2012
- Series 5 Apr. 12—May 17, 2012

Saturdays 9:00—10:00 am

- Series 4 Feb. 18—Mar. 24, 2012
- Series 5 Apr. 14—May 19, 2012

Skating Experience:

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



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

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

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

Exp. Date: _____ Security Code: _____

ASSUMPTION OF RISK AGREEMENT AND RELEASE:

Upon entering events sponsored by Ice World and/or agents or affiliates, I/We agree to abide by the rules of Ice World as currently published. I/We voluntarily and knowingly recognize, accept and assume this risk and release Ice World, Ice Partners 1, LLC, event organizers and officials from any and all liability therefore.

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

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

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

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
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
Backward snowplow Stop: R & L

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

For more information, please contact: Heather Piepenburg, Skating Director @ 410-612-1000 x101, fax 410-612-1004 or email: skating@iceworld.com