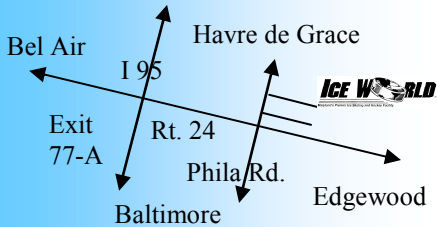




## SUMMER ADULT SKATING LESSONS

Welcome to Ice World's comprehensive group lesson program exclusively for adults. If you used to skate in childhood, or have always wanted to, we have a program for you! Our philosophy is to provide top notch, professional instruction for beginner through advanced skaters in a relaxed environment. This program is based on the fundamental of United Skates Figure Skating (USFS). Lessons will be held during Thursday evening public sessions.

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



### Beginners Welcome— Bring a Friend!

- ◆ Thursdays 7:30-9:00 pm
- ◆ Six Weekly Sessions-Professional Instruction
- ◆ 1/2 Hour Lesson and 1 Hour Practice Weekly
- ◆ Free Skate Rentals
- ◆ Limited Class size
- ◆ Adult Classes Grouped by Ability



\* 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.

Skater's Full Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Work Number \_\_\_\_\_ Home Number \_\_\_\_\_  
 Email Address \_\_\_\_\_

### Adult Skating Lesson Registration Form

(Pre-registration and full payment required)

#### Skating Experience:

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

#### Thursdays 7:30—9:00 pm

- Series 1: June 2—July 7, 2011
- Series 2: July 14—Aug. 18, 2011



Basic 1 2 3 4 5 6 7 8 Freestyle 1 2

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 any liability therefore.

DATE: \_\_\_\_\_ Signature: \_\_\_\_\_

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 For Adults

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## **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