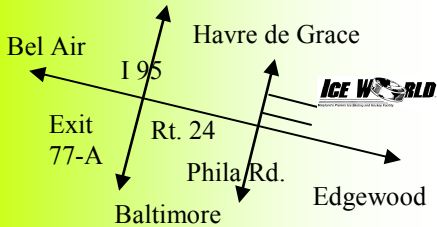




SUMMER FREESTYLE LESSONS

Freestyle Lessons are for students 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.

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



Time: Tuesdays 6:30-7:00pm or 7:00-7:30pm
Level: Freeskate Levels 1 thru 6
Cost: \$105 for the 6 week series. Includes one half hour lesson per week and 2 free freestyle sessions.

Series 1 May 31—July 5, 2011
Series 2 July 12—August 16, 2011



- * To ensure availability of classes and to find out what class time you have been assigned, 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.**

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

Freestyle Lesson Registration Form

(Pre-registration and full payment required)

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: _____

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 of any liability therefore.

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

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 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)