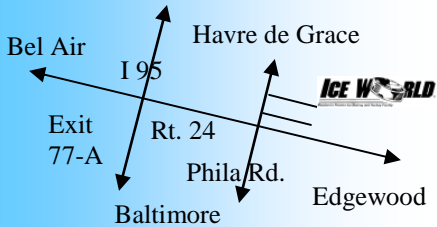




ADULT SKATING LESSONS

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.

* 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)

Thursdays 7:30—9:00 pm

- Series 4 Feb. 18—Mar. 25, 2010
- Series 5 Apr. 8—May 13, 2010



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: _____

ASSUMPTION OF RISK AGREEMENT AND RELEASE:

Upon entering events sponsored by Ice World and/or agents or affiliated, 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

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 strolling 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