

SKATING LESSONS

Welcome to **Ice World's** comprehensive group lesson program for youngsters 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 the United States Figure Skating Association (**USFSA**), and is necessary for those wishing to proceed on to ice hockey or freestyle.



- ☛ **Six Weekly Sessions - Professional Instruction**
- ☛ **1/2 Hour Lesson and 1/2 Hour Practice Weekly**
- ☛ **Free Skate Rentals** ☛ **Limited Class Sizes**
- ☛ **Classes Grouped by Age and Ability**
- ☛ **Three Free Passes to Public Sessions**
- ☛ **Ninth Annual IceWorld Open Competition: April 5, 2008!**



- * 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 @ (410) 612-1000 ext.101**

Group Lesson Registration Form (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 _____
 Skating Experience: Never Skated Have Skated (Little or No Lessons) Previous Lessons

<p>☛ Tuesdays 5:30 - 6:30 PM</p> <p><input type="checkbox"/> Series 1 Sept. 18 - Oct. 23, 2007</p> <p><input type="checkbox"/> Series 2 Oct. 30 - Dec. 11, 2007*</p> <p><input type="checkbox"/> Series 3 Jan. 8 - Feb. 12, 2008</p> <p><input type="checkbox"/> Series 4 Feb. 26 - April 8, 2008*</p> <p><input type="checkbox"/> Series 5 Apr. 15 - May 20, 2008</p> <p><small>*(No class 11/20/07 and 3/25/08)</small></p>		<p>☛ Saturdays 9:00 - 10:00 AM*</p> <p><input type="checkbox"/> Series 1 Sept. 22 - Oct. 27, 2007</p> <p><input type="checkbox"/> Series 2 Nov. 3 - Dec. 15, 2007*</p> <p><input type="checkbox"/> Series 3 Jan. 5 - Feb. 9, 2008</p> <p><input type="checkbox"/> Series 4 (Thursdays - tba)</p> <p><input type="checkbox"/> Series 5 Apr. 12 - May 17, 2008</p> <p><small>*(No class 11/24/07)</small></p>
<p>Class: Snowplow Sam <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 Basic <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6* <input type="checkbox"/> 7* <input type="checkbox"/> 8*</p> <p><small>*Please Note: Saturday Basic 6-8 only are scheduled from 9:30 - 10:30 am</small></p>		

Method of Payment: Check # _____ Cash Credit Card Exp. Date: _____
 *If Credit: Visa M/C Discover Amex # _____

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 and payment to: Ice World, 1300 Governor Ct., Abingdon, MD 21009

ICEWORLD'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 directions
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 directions: 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 an 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 turn 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
