



FREESTYLE LESSONS

Freestyle Lessons are for students who have completed Ice World's LEARN TO SKATE program or have passed the Beginner Six 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.

\$135

Mondays 6:40—7:40 pm

Series 1 Sept 9—Oct 21, 2019

Series 2 Oct 28—Dec 16, 2019*

Series 3 Jan 6—Feb 17, 2020

Series 4 Mar 2—Apr 13, 2020

Series 5 Apr 20—June 8, 2020*

(*No Lessons 11/25/19 & 5/25/20)

Saturdays 9:20—10:20 am

Series 1 Sept 7—Oct 19, 2019

Series 2 Oct 26—Dec 14, 2019*

Series 3 Jan 4—Feb 15, 2020

Series 4 Feb 29—Apr 11, 2020

Series 5 Apr 18—May 30, 2020

(*No Lessons 11/30)



Levels:
Pre-Freeskate
Through Freeskate 6

- ◇ Seven Weekly Sessions—Professional Instruction
- ◇ 1/2 Hour Lesson and 1/2 Hour Practice Weekly
 - ◇ Classes Grouped by Age and Ability
- ◇ Seven Free Public Session or Freestyle Passes (expire 1 month after lessons end, for lesson skater use only)
- ◇ Learn to Skate USA Membership Required

Please visit www.learntoskateusa.com

Please Register Online!
Register at www.iceworld.com/register-now

* Walk ins will NOT be accepted the first day of lessons unless approved by the Skating Director

YOU MUST REGISTER AHEAD OF TIME

* A \$10 late fee will be added to anyone who does not register at least 5 days 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: **Sarah Venuti, Skating Director**, at 410-612-1000 x101 or skating@iceworld.com

Freestyle Lessons

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.

PRE-FREESKATE

- A. Forward inside open mohawk from a standstill position (R to L and L to R)
- B. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
- C. Backward outside edge to a forward outside edge transition, clockwise and counterclockwise
- D. Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise

Spins:

- A. One-foot upright spin, optional entry and free-foot position (minimum three revolutions)

Jumps:

- A. Mazurka (R or L), B. Waltz jump

FREESKATE 1

- A. Forward power stroking, clockwise and counterclockwise
- B. Basic forward outside and forward inside consecutive edges (four to six consecutive edges)
- C. Backward outside three-turns (R and L)

Spin:

- A. Upright spin, entry from back crossovers (min. four to six revolutions)

Jumps:

- A. Half flip, B. Toe loop

FREESKATE 2

- A. Alternating forward outside and inside spirals on a continuous axis (two sets)
- B. Basic backward outside and backward inside consecutive edges (four to six consecutive edges)
- C. Backward inside three-turns (R and L)

Spin:

- A. Beginning back spin (up to two revolutions)

Jumps:

- A. Half Lutz, B. Salchow

FREESKATE 3

- A. Alternating backward crossovers to back outside edges – Four sets
- B. Alternating mohawk/crossover sequence (R to L and L to R)
- C. Waltz three-turns (forward outside three turn, backward outside edge glide), clockwise and counterclockwise

Spin:

- A. Advanced back spin with free foot in crossed leg position (min. three revolutions)

Jumps:

- A. A. Loop jump, B. Waltz jump-toe loop or Salchow-toe loop combination

FREESKATE 4

- A. Forward power three-turns (R and L), 3 sets each
- B. Waltz eight, clockwise and counterclockwise
- C. Forward upright spin to backward upright spin (3 revs., each foot)

Spins:

- A. Forward upright spin to backward upright spin (3 revs., each foot)

- B. Sit spin (minimum three revolutions)

Jumps:

- A. Half loop, B. Flip

FREESKATE 5

- A. Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise
- B. Five-step mohawk sequence, clockwise and counterclockwise

Spins:

- A. Camel spin (minimum three revolutions)

Jumps:

- A. Waltz jump-loop jump combination, B. Lutz jump

FREESKATE 6

- A. Forward power pulls (R and L)
- B. Creative step sequence, skater's choice, using a variety of three-turns, mohawks and toe steps

Spins:

- A. Camel-sit spin combination (minimum two revolutions each position)

- B. Layback or attitude spin or cross-foot spin (three revolutions)

Jumps:

- A. Waltz jump-half loop-Salchow jump sequence, B. Axel