

OLD BRIDGE

Arena

Department of Parks, Recreation & Social Services

(732) 607-7971

SCHEDULE OF PUBLIC SESSIONS

Sunday	1:30 pm - 4:15 pm	Public Session
Monday (<i>OBHS Holidays Only</i>)	12:30 pm - 3:00 pm	Public Session
	3:45 pm - 6:00 pm	Public Session
Tuesday	4:30 pm - 5:30 pm	Freestyle
Thursday	3:00 pm - 5:30 pm	Public Session
Friday	3:00 pm - 5:00 pm	Public Session
	8:30 pm - 10:30 pm	Public Session
	10:45 pm - 12:00 am	Adult Open Hockey
Saturday: (Prior to 11/19)	10:00 am - 11:30 am	Public Session
(After 11/19)	10:00 am - 1:00 pm	Public Session
	8:30 pm - 10:30 pm	Public Session
(Ages 13 - 17)	10:45 pm - 12:00 am	Teen Open Hockey

All Old Bridge School Holidays:

Mondays	12:30 pm - 3:00 pm	Public Session
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****A special public session will be offered on Mondays from 12:30 pm - 3:00 pm - During Old Bridge School Holidays**

SKATE RENTAL: \$6.00

Opening Date: Monday October 3, 2011

Tentative Closing Date: Sunday, April 1, 2012

<u>Age</u>	<u>ADMISSION</u>	
	<u>Resident/ with ID card</u>	<u>Non-Resident</u>
Child (13 & under)	\$5.00	\$6.00
Student (14 - 17)	\$6.00	\$8.00
Adult (18 & Over)	\$7.00	\$10.00

Ice Arena Party Packages

Ice skating party packages are available at the Old Bridge Sports Arena from October through March during any public skating session. The cost is \$20.00 per person which includes admission, skate rental if needed, exclusive use of the party room, a slice of pizza, a pretzel, soda and 5 game room tokens. There is a 10 child minimum and a \$50.00 non-refundable deposit to hold a date.

Youth Instructional Hockey

Instructional Ice Hockey

Fee: \$350.00 Resident, \$400.00 Non-Residents

Sunday

October 2 - December 11

4:30 - 5:45 pm

Learn all the fundamentals of playing ice hockey while having fun. Emphasis will be placed on skating, stick handling, passing and shooting. Full equipment is required. Note: please have new skates sharpened prior to the start of the program. Straight blade sticks preferred.

Ages 5 - 9 years old

Coordinator: David Shafer

For Information concerning this or any Ice Arena programs please call the Recreation Dept. 732-721-5600 x 4999

SKATING NOTES

1. Classes always begin promptly at your scheduled time. Allow time for traffic and putting on your skates, etc.
2. You are expected to remain in class for the full ½ hour, except for emergencies.
3. Should you have a problem with your skates, etc., please talk to your instructor or Skating Coordinator.
4. Should a student not be in the proper class level, please discuss the problem with the Skating Coordinator. If necessary, the instructor or Skating Coordinator will test the student and will decide the most suitable class. Their decision is final.
5. Our lessons (½ hour) are given during public sessions which are at least 1 ½ hours in duration. It is important for the student to use this time to practice. Remember, the more practice, the quicker the progress.
6. Beginners are to meet for the first class off the ice at the benches outside the lobby doors for skates & equipment check. Participants are to meet with their instructor at the appointed time on the ice for the subsequent classes. Classes will not always be announced. **Parents are required to observe lessons from the lobby and will not be allowed along sideboards.**
7. For inclement weather that may cancel classes, please call the Arena (732) 607-7971 to hear a taped message.
8. **Make up classes will only be offered if Old Bridge Parks and Recreation cancels a class.**
9. The Arena reserves the right to cancel any classes due to low registration numbers.
10. Please have new skates sharpened prior to the start of the program. Figure skates preferred for all beginners. Figure skates are not gender specific and hockey skates are not recommended for new skaters.

STARTER LESSON INFORMATION (OFFERED TO THOSE JOINING GROUP LESSONS ONLY)

What is a Starter Lesson?:

A starter lesson is a 15 minute one-on-one instruction that is **mandatory** for any participant that has **never** been on skates before.

All starter lessons must be completed before the start of group lessons.

Purposes of a Starter Lesson:

The new skater will learn:

How skates should fit; how to tie them properly; how to walk on and off the ice in their skates; how to fall and get up; and, how to balance and walk to their first class. If this is not accomplished, another lesson is recommended.

Starter Lesson Registration:

Fee: \$11.00 (**NOT including Admission Fee into Arena or Skate Rental**). ***Select most convenient time and day on line and our ice skating coordinator will contact you with your appointment.***

Registration: On-line beginning 9/12/2011 at 6:00 pm for fall lessons and 12/12/11 at 6:00 pm for winter lessons.

On-line Registration: Does not require you to show a progress report; however if your child did not pass the previous class and we cannot find availability in the class your child should be registered in **NO REFUNDS WILL BE GRANTED**

Admission Rates for 2011/2012

<u>Age</u>	<u>Resident/ with ID card</u>	<u>Non-Resident</u>
Child (13 & under)	\$5.00	\$6.00
Student (14 - 17)	\$6.00	\$8.00
Adult (18 & Over)	\$7.00	\$10.00

Skate Rental: \$6.00

For information regarding the skill sets that participants will learn please see the United Skates Figure Skating Association program requirements at the end of this brochure.

Fall Ice Skating Lessons

MONDAY

October 3rd ~ December 5th

CODE	TIME	DESCRIPTION
206203-A	4:00 pm	Basic 1 & 2 (Ages 7 - 10)
206501-A	4:00 pm	Basic 7 (All Ages)
206103-B	4:30 pm	Snow Plow Sam 3 (4 years old)
206202-A	4:30 pm	Basic 1 & 2 (Ages 5 & 6)
206102-A	4:30 pm	Snow Plow Sam 1 & 2 (4 years old)
206601-A	5:00 pm	Basic 8 (All ages)
206204-A	5:00 pm	Basic 1 & 2 (Ages 9 and up)
206301-A	5:30 pm	Basic 3 & 4 (All Ages)
206401-A	5:30 pm	Basic 5 & 6 (All Ages)

THURSDAY

October 6th ~ December 8th

CODE	TIME	DESCRIPTION
206202-B	4:00 pm	Basic 1 & 2 (Ages 5 & 6)
206203-B	4:00 pm	Basic 1 & 2 (Ages 7 - 10)
206301-B	4:00 pm	Basic 3 & 4 (All ages)
206601-B	4:00 pm	Basic 8 (All Ages)
206202-C	4:30 pm	Basic 1 & 2 (Ages 5 & 6)
206203-C	4:30 pm	Basic 1 & 2 (Ages 7 & 10)
206401-B	4:30 pm	Basic 5 & 6 (All ages)
206501-B	4:30 pm	Basic 7 (all ages)
206204-B	5:00 pm	Basic 1 & 2 (Age 9 and up)
206202-D	5:00 pm	Basic 1 & 2 (Ages 5 & 6)
206203-D	5:00 pm	Basic 1 & 2 (Ages 7 - 10)
206301-C	5:00 pm	Basic 3 & 4 (All ages)
206705-A	5:00 pm	Free Skate 1 & 2 (All ages)
206703-A	5:00 pm	Free Skate 3 & 4 (All ages)

FRIDAY

October 14th ~ December 9th

CODE	TIME	DESCRIPTION
206601-C	4:00 pm	Basic 8 (All ages)
206501-C	4:00 pm	Basic 7 (All ages)
206705-B	4:30 pm	Free Skate 1 & 2 (All ages)
206703-B	4:30 pm	Free Skate 3 & 4 (All ages)
206704-A	4:30 pm	Free Skate 5 & 6 (All ages)

SATURDAY

October 15th ~ December 10th

CODE	TIME	DESCRIPTION
206301-D	10:00 am	Basic 3 & 4 (All ages)
206204-C	10:00 am	Basic 1 & 2 (Ages 9 and up)
206205-A	10:00 am	Adult 1 & 2/ 3 & 4 (Ages 18 & up)
206102-B	10:30 am	Snow Plow Sam 1 & 2 (4 years old)
206103-B	10:30 am	Snow Plow Sam 3 (4 years old)
206401-C	10:30 am	Basic 5 & 6 (All ages)
206202-E	11:00 am	Basic 1 & 2 (Ages 5 & 6)
206203-E	11:00 am	Basic 1 & 2 (Ages 7 - 10)

No Classes:

October 10,

November 7, 10, 24, 25, 26

A one time 15 minute starter lesson is required for anyone who has not skated in our programs before. The cost is \$11.00. Admission fee and skate rental not included. The code for this is 206101-A

(All starter lessons must be accompanied by a group lesson)

US Figure Skating Membership is required for all classes at a cost of \$12.00.

This can be purchased on-line through the Old Bridge Parks and Recreation web site.

**The course code for this is 206100-A
*Must be selected first***

Saturday, September 23rd: from 10:00 am to 3:00 pm;

Sunday, September 24th: from 10:00 am to 3:00 pm;

Monday, September 25th: from 3:00pm to 6:00pm;

Tuesday, September 26th: from 3:00pm to 6:00pm;

Wednesday, September 27th: from 3:00pm to 6:00pm;

Thursday, September 28st: from 3:00pm to 6:00pm;

Our Skating Coordinator will call you with your exact appointment. Please be sure your appointment is confirmed before September 21st or your lesson will be forfeited.

FALL FRIDAY EVENING PROGRAMS

No Rink Admission for these classes on Friday

October 14th ~ December 9th

206801-A 5:15 pm - 5:45 pm **Synchronized skating for Free Skate 2 & up**
A class to develop smooth skating style, stamina & agility. **Fee - Res. \$47/ Non-Res. \$52**

206802-A 5:45 pm - 6:30 pm **Dance 1 & 2 for Free Skate #2 and up**
A class to teach individual programs to music which can be useful in preparation for competition, tests, or for personal pleasure. **Fee - Res \$57/ Non-Res. \$62**

206803-A 7:00 pm - 7:30 pm **Synchronized Skate for basic 1 - 8 & free skate 1**
A class to develop smooth skating style, stamina and agility. **Fee - Res \$47/ Non-Res. \$52**

206804-A 7:30 pm - 8:15 pm **Dance 1 & 2 for Basic 1-8 and Free Skate 1**
A class to teach individual programs to music which can be useful in preparation for competition, tests, or for personal pleasure. **Fee - Res \$57/ Non-Res. \$62**

Holiday Show Program

206805-A 6:30 pm - 7:00 pm **Fee: Child: Res. \$47/ Non-Res. \$52**

206805-B 6:30 pm - 7:00 pm **Fee: Adult: Res. \$47/ Non-Res. \$52**

A class for all who are registered in any of this sessions classes. Show on Friday 12/16/11 Items for costumes and professional audio tapes are required at additional costs.

Admission must be paid every week. Skate Rental is available. Please bring small bills as our cashier can't always break \$20s and \$10s

Private ice skating lessons are available please contact our skating coordinator at, 732-721-5600 x 4017 if you are interested.

ICE LESSON FEES:

(DOES NOT INCLUDE ADMISSION OR SKATE RENTAL)

CHILDREN: \$42 Residents/\$52 Non-residents

ADULTS: \$42 Residents/\$52 Non-residents

US Figure Skating Membership is required for all classes at a cost of \$12.00. This can be purchased on-line through the Old Bridge Parks and Recreation web site. The course code for this is 206100-A

Fall Arena Registration Begins On-line

September 12, 2011 – 6:00 pm

You Cannot Register for Winter Classes until December 12, 2011 at 6:00 pm

When registering for starter lessons you will be prompted to enter your date and time preference from the following:

Winter Ice Skating Lessons

MONDAY

January 9th ~ March 12th

CODE	TIME	DESCRIPTION
206203-A	4:00 pm	Basic 1 & 2 (Ages 7 - 10)
206501-A	4:00 pm	Basic 7 (All Ages)
206103-B	4:30 pm	Snow Plow Sam 3 (4 years old)
206202-A	4:30 pm	Basic 1 & 2 (Ages 5 & 6)
206102-A	4:30 pm	Snow Plow Sam 1 & 2 (4 years old)
206601-A	5:00 pm	Basic 8 (All ages)
206204-A	5:00 pm	Basic 1 & 2 (Ages 9 and up)
206301-A	5:30 pm	Basic 3 & 4 (All Ages)
206401-A	5:30 pm	Basic 5 & 6 (All Ages)

THURSDAY

January 12th ~ March 1st

CODE	TIME	DESCRIPTION
206202-B	4:00 pm	Basic 1 & 2 (Ages 5 & 6)
206203-B	4:00 pm	Basic 1 & 2 (Ages 7 - 10)
206301-B	4:00 pm	Basic 3 & 4 (All ages)
206601-B	4:00 pm	Basic 8 (All Ages)
206202-C	4:30 pm	Basic 1 & 2 (Ages 5 & 6)
206203-C	4:30 pm	Basic 1 & 2 (Ages 5 & 6)
206401-B	4:30 pm	Basic 5 & 6 (All ages)
206501-B	4:30 pm	Basic 7 (all ages)
206204-B	5:00 pm	Basic 1 & 2 (Age 9 and up)
206202-D	5:00 pm	Basic 1 & 2 (Ages 5 & 6)
206203-D	5:00 pm	Basic 1 & 2 (Ages 7 - 10)
206301-C	5:00 pm	Basic 3 & 4 (All ages)
206705-A	5:00 pm	Free Skate 1 & 2 (All ages)
206703-A	5:00 pm	Free Skate 3 & 4 (All ages)

FRIDAY

January 13th ~ March 2nd

CODE	TIME	DESCRIPTION
206601-C	4:00 pm	Basic 8 (All ages)
206501-C	4:00 pm	Basic 7 (All ages)
206705-B	4:30 pm	Free Skate 1 & 2 (All ages)
206703-B	4:30 pm	Free Skate 3 & 4 (All ages)
206704-A	4:30 pm	Free Skate 5 & 6 (All ages)

SATURDAY

January 14th ~ March 3rd

CODE	TIME	DESCRIPTION
206301-D	10:00 am	Basic 3 & 4 (All ages)
206204-C	10:00 am	Basic 1 & 2 (Ages 9 and up)
206205-A	10:00 am	Adult 1 & 2 / 3 & 4 (Ages 18 & up)
206102-B	10:30 am	Snow Plow Sam 1 & 2 (4 years old)
206103-B	10:30 am	Snow Plow Sam 3 (4 years old)
206401-C	10:30 am	Basic 5 & 6 (All ages)
206102-B	11:00 am	Snowplow Sam 1&2 (4 years old)
206202-E	11:00 am	Basic 1 & 2 (Ages 5 & 6)
206203-E	11:00 am	Basic 1 & 2 (Ages 7 - 10)
206202-F	11:45 am	Basic 1 & 2 (Ages 5 & 6)

Saturday Continued

206301-E	11:45 am	Basic 3 & 4 (All ages)
206401-D	11:45 am	Basic 5 & 6 (All ages)
206601-D	12:15 pm	Basic 8 (All ages)
206501-D	12:15 pm	Basic 7 (All ages)
206203-F	12:15 pm	Basic 1 & 2 (Ages 7 - 10)

No Classes:

1/16 & 2/20

A one time 15 minute starter lesson is required for anyone who has not skated in our programs before. The cost is \$11.00. Admission fee and skate rental not included. The code for this is 206101-A
(All starter lessons must be accompanied by a group lesson)

US Figure Skating Membership is required for all classes at a cost of \$12.00.

This can be purchased on-line through the Old Bridge Parks and Recreation web site.

The course code for this is 206100-A

Must be selected first

**Winter Arena Registration Begins On-line
December 12, 2011 – 6:00 pm**

When registering for starter lessons you will be prompted to enter your date and time preference from the following:

**Thursday, January 5th: from 3:00 pm to 5:15 pm;
Friday, January 6th: from 3:00 pm to 7:45 pm;
Saturday, January 7th: from 10:00 am to 12:45 pm;
Sunday, January 8th: from 1:30 pm - 4:00 pm**

Our Skating Coordinator, will call you with your exact appointment. Please be sure your appointment is confirmed before January 3rd or your lesson will be forfeited.

WINTER FRIDAY EVENING PROGRAMS

No Rink Admission for these classes on Friday

January 15th ~ March 5th

206801-A	5:15 - 5:45 pm		Synchronized skating for Free Skate # 2 & up
A class to develop smooth skating style, stamina & agility.			Fee - Res. \$47/ Non-Res. \$52
206802-A	5:45-6:30 pm		Dance 3 & 4 for Free Skate 2 and up
A class to teach individual programs to music which can be useful in preparation for competition, tests, or for personal pleasure.			Fee - Res \$57/ Non-Res. \$62
206803-A	7:00 - 7:30 pm		Synchronized skating for Basic 1 - 8 & Free Skate 1
A class to develop smooth skating style, stamina and agility.			Fee - Res \$47/ Non-Res. \$52
206804-A	7:30 - 8:15 pm		Dance 3 & 4 for Basic 1 - 8 & Free Skate 1
A class to teach individual programs to music which can be useful in preparation for competition, tests, or for personal pleasure.			Fee - Res \$57/ Non-Res. \$62
Spins and Jumps Clinic			
206806-A (Basic 3 - 8)	6:30 pm - 7:00 pm		Fee: Child: Res. \$47/ Non-Res. \$52
206806-B (Free Skate 1 & up)	6:30 pm - 7:00 pm		Fee: Child: Res. \$47/ Non-Res. \$52

Competition March 23, 2012

Basic Skating Program - Tots to Adult

Snow Plow Sam 1 & 2: Age 4 - No Previous Lessons

Snow Plow Sam 3: Age 4 - Passed Tots Beginner

Basic 1 & 2 : No previous lessons/or had previous lessons but has not passed Pre Alpha (ages 5 and up)

Basic 3 & 4: Passed Basic 1 & 2. After passing Basic 3 & 4

Basic 5 & 6: Completion of Basic 3 & 4

Basic 7: Completion of Basic 5 & 6

Basic 8: Completion of Basic 7

Admission must be paid every week. Skate Rental is available. Please bring small bills as our cashier can't always break \$20s and \$10s

Private ice skating lessons are available please contact our skating coordinator at, 732-721-5600 x 4017 if you are interested.

ICE LESSON FEES:

(FEES DO NOT INCLUDE ADMISSIONS OR SKATE RENTAL)

CHILDREN: \$42 Residents/\$52 Non-residents

ADULTS: \$42 Residents/\$52 Non-residents

U. S. Figure Skating Basic Skills Program

Snowplow Sam Program



The Snowplow Sam levels are designed to help the preschool-age skater develop preliminary coordination and strength to maneuver on the ice. Snowplow Sam is a big, fuzzy polar bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.



Snowplow Sam 1

1. Sit and stand up with skates on – off Ice
2. Sit and stand up – on Ice
3. March in place
4. March forward – 8–10 steps
5. March, then glide on two feet
6. Dip in place



Snowplow Sam 2

1. March followed by a long glide
2. Dip while moving
3. Backward wiggles – six in a row
4. Forward two-foot swizzles – 2-3 in a row
5. Rocking horse – one forward, one backward swizzle action
6. Two-foot hop in place



Snowplow Sam 3

1. Forward skating – 8–10 steps
2. Forward one-foot glide – R and L
3. Forward swizzles – 4–6 in a row
4. Backward swizzles – 4–6 in a row
5. Forward snowplow stop with skid
6. Curves

U. S. Figure Skating Basic Skills Program

Basic Skills 1-8



The “basic skills” are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating.

BASIC 1

Basic 1

1. Sit on ice and stand up
2. March forward across the ice
3. Forward two-foot glide
4. Dip
5. Forward swizzles – 6–8 in a row
6. Backward wiggles – 6–8 in a row
7. Snowplow stop
8. Rocking horse – 2–3
9. Two-foot hop in place (optional)

BASIC 2

Basic 2

1. Forward one foot glides – R and L
2. Backward two-foot glide
3. Backward swizzles – 6–8 in a row
4. Two-foot turn from forward to backward in place
5. Moving snowplow stop
6. Forward alternating half swizzle pumps, in a straight line (slalom-like pattern)

BASIC 3

Basic 3

1. Forward stroking, showing correct use of blade
2. Forward half swizzle pumps on a circle – 6–8 consecutive clockwise and counterclockwise
3. Moving forward to backward two-foot turn – clockwise and counterclockwise
4. Backward one-foot glides – R and L
5. Forward slalom
6. Two-foot spin – up to two revolutions

BASIC 4

Basic 4

1. Forward outside edge on a circle – R and L
2. Forward inside edge on a circle – R and L
3. Forward crossovers, clockwise and counterclockwise
4. Forward outside three-turn, R and L from a stand-still position
5. Backward half swizzle pumps on a circle, clockwise and counterclockwise
6. Backward stroking
7. Backward snowplow stop – R and L

BASIC 5

Basic 5

1. Backward outside edge on a circle – R and L
2. Backward inside edge on a circle – R and L
3. Backward crossovers, clockwise and counterclockwise
4. Beginning one-foot spin – up to three revs, optional entry and free-foot position
5. Hockey stop
6. Side toe hop – both directions

BASIC 6

Basic 6

1. Forward inside three-turn – R and L from a standstill position
2. Moving backward to forward two-foot turn on a circle, clockwise and counterclockwise
3. T-stop – R or L
4. Bunny hop
5. Forward arabesque/spiral on a straight line – R or L
6. Forward lunge – R or L

BASIC 7

Basic 7

1. Forward inside open Mohawk from a standstill position – R to L and L to R
2. Backward outside edge to forward outside edge transition on a circle – R and L
3. Ballet jump – R and L
4. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
5. Forward inside pivots – R or L

BASIC 8

Basic 8

1. Moving forward outside three-turn on a circle – R and L
2. Moving forward inside three-turn on a circle – R and L
3. Combination move: Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge
4. One-foot upright spin, optional entry and free-foot position
5. Waltz jump
6. Mazurka – R and L

U. S. Figure Skating Basic Skills Program

Free Skate Curriculum



Each Free Skate level is divided into four sections: moves in the field, spins, dance/footwork sequence and jumps. The Free Skate 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 the sport of figure skating.

FREE 1 SKATE

Free skate 1

1. Advanced forward stroking
2. Basic forward outside and forward inside consecutive edges (4-6)
3. Advanced back outside three-turns clockwise and counterclockwise (R and L)
4. Scratch spin from back crossovers – three revolutions minimum
5. Waltz jump – from 2-3 back crossovers
6. Half flip

FREE 2 SKATE

Free skate 2

1. Basic back outside and back inside consecutive edges (4-6)
2. Forward outside and forward inside spirals, clockwise and counter clockwise (R and L)
3. Continuous forward progressive chasse sequence – clockwise and counterclockwise
4. Waltz threes
5. Beginning back spin – two turns
6. Waltz jump, side toe hop, waltz jump sequence
7. Toe loop

FREE 3 SKATE

Free skate 3

1. Forward and backward crossovers in figure 8 pattern
2. Waltz 8
3. Advanced forward consecutive swing rolls (4-6)
4. Backward inside three-turn: clockwise and counterclockwise
5. Backspin with free foot in crossed leg position – three revolutions minimum
6. Salchow
7. Half Lutz jump
8. Waltz jump-toe loop combo or Salchow-toe loop combination sequence on a circle – clockwise and counterclockwise

FREE 4 SKATE

Free skate 4

1. Spiral sequence: FI spiral, FI Mohawk, BO Spiral – clockwise and counterclockwise
2. Forward power three-turns: R and L
3. Continuous backward progressive, chasse sequence on a circle – clockwise and counterclockwise
4. Sit spin – three revolutions
5. Loop jump
6. Waltz jump-loop jump combination

FREE 5 SKATE

Free skate 5

1. Backward outside three-turn, Mohawk into three backward crossovers – repeat three times clockwise and counterclockwise
2. Spiral sequence – Forward outside spiral, forward outside three-turn, one backward crossover, back inside spiral: clockwise and counterclockwise
3. Forward outside slide chasse swing roll sequence – 3–6 times, alternating feet
4. Camel spin – three revolutions minimum
5. Forward upright spin to back scratch spin – three revolutions, each foot
6. Loop/loop combination
7. Flip jump
8. Waltz jump-falling leaf-toe loop jump sequence
9. Lutz jump

FREE 6 SKATE

Free skate 6

1. Alternating back crossovers to back outside edges
2. Five-step Mohawk sequence – clockwise and counterclockwise
3. Camel-sit spin combination – five revolutions
4. Split jump-stag jump
5. Waltz jump-half loop-Salchow
6. Lutz jump
7. Axel – walk through, preparation, jump
Axel does not need to be landed to pass this test.
8. Five-step Mohawk sequence – clockwise and counterclockwise

U. S. Figure Skating Basic Skills Program

Adult Curriculum



The Adult curriculum is designed for the beginner adult skater. It will promote physical fitness and improve balance and coordination while teaching proper skating techniques. Divided into four levels, adult skaters will progress at an individual rate while being challenged and motivated. This is an exciting new program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.

ADULT 1

Adult 1

1. Falling and recovery
2. Forward strides and gliding
3. Forward swizzles
4. Backward skating
5. Backward swizzles
6. Forward one-foot glides, one time skater's height: R and L
7. Two-foot turns, in place
8. Snowplow stops – R or L
9. Forward curves on two feet
10. Forward half swizzle pumps on a circle

ADULT 2

Adult 2

1. Forward stroking
2. Backward half swizzle pumps on a circle, clockwise and counterclockwise
3. Moving two-foot turns on a curve, both directions
4. Forward edges on a circle, outside and inside, clockwise and counterclockwise
5. Forward crossovers, clockwise and counterclockwise
6. Backward one-foot glide – R or L
7. Forward pivot
8. Forward chasses on a circle

ADULT 3

Adult 3

1. Backward edges on a circle, outside and inside, clockwise and counterclockwise
2. Backward crossovers, clockwise and counterclockwise
3. Inside Mohawk, either direction
4. Basic forward outside and forward inside consecutive edges (4-6)
5. Backward snowplow stops – R and L
6. Forward progressives
7. Beginning two-foot spin

ADULT 4

Adult 4

1. Forward three turns, outside and inside – R and L
2. Perimeter stroking with crossover end patterns
3. Forward outside to inside change of edge sequence
4. Alternate backward crossovers with two-foot transition
5. Footwork sequence – 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle and repeat
6. Power three-turns – one direction only
7. Backward chasses on a circle

U. S. Figure Skating Basic Skills Program

Dance Curriculum



(Dances may be skated solo for testing Dance 1–6)

The Dance badge program focuses on the components of ice dancing and reviews the basic edges and turns while skating to music. Skaters will learn the first six dance patterns in the U. S. Figure Skating test structure. These tests may be taken with or without a partner.



Dance 1

1. Forward outside swing rolls to a count of six
2. Alternating forward progressives in sequence to a count of six
3. Description and demonstration of Kilian hold
4. Corner steps on Dutch Waltz (LFO/RFI – three beats each)
5. Skate Dutch Waltz pattern with music



Dance 4

1. Consecutive inside chasse with wide step sequence
2. Four-beat edge with double knee bend and leg expression in step 6 from Cha Cha
3. Slalom motion, with close feet and lifting knee action
4. End pattern of Cha Cha step sequences with crosses, showing edge quality (note: optional steps)
5. Skate Cha Cha pattern with music



Dance 2

1. Continuous forward progressive – chasse clockwise and counterclockwise
2. Forward slide chasses to a count of four, on a circle – clockwise and counterclockwise (minimum of four slide chasse)
3. Consecutive forward swing rolls to a count of four
4. Forward outside cross rolls (cross strokes)
5. Description and demonstration of the reverse Kilian position
6. Skate Canasta Tango pattern with music



Dance 5

1. Forward swing rolls to a count of four
2. Forward inside open Mohawk
3. Backward swing rolls to a count of four
4. Backward chasse
5. Demonstrate Waltz position (closed position) and hand-in-hand position for partners. Demonstrate moving to and from waltz position and hand-in-hand position with partner
6. Skate Swing Dance pattern with music



Dance 3

1. Continuous promenade progressives on a circle to a count of four
2. Consecutive inside swings to a count of four
3. Skate the lilt action in step 5
4. Cross behind steps on end pattern of the Rhythm Blues (note: optional steps)
5. Skate Rhythm Blues pattern with music



Dance 6

1. Swing roll with change of edge in relation to an axis – Proper counting: four beat forward outside edge, two beat forward inside edge
2. Advanced open Mohawk with closed free foot position on exit
3. Cross behind inside chasse
4. Rounded end pattern step sequence in steps 10–16
5. Two outside edges
6. Demonstrate Kilian position and reverse Kilian position. Demonstrate changing these positions.
7. Skate Fiesta Tango pattern with music



U. S. Figure Skating Basic Skills Program

Artistry in Motion (AIM) Curriculum



The new Artistry in Motion (AIM) program is designed to educate skaters on the basic principles and philosophy of choreography and style. The badge program will give them a foundation in basic body alignment, movement and line. Using this program will contribute to the training of the complete figure skater. Artistry in Motion praises the creative mind of every skater.

Requirements:

- Must have passed Basic 8
- Instructors must choose appropriate selections of music from the suggested list for each level
- Must use the AIM video and instructors manual, and follow the specific guidelines



Artistry in Motion 1

1. Introduction to basic dance movement and terminology
2. Introduction to rhythm/musical styles
3. Eye focus, facial expression
4. Basic head movements
5. Introduction to overall body awareness/levels
6. Program construction



Artistry in Motion 2

1. Introduction to classical music
2. Introduction to correct upper body placement
3. Development of port de bras
4. Utilization of basic dance movements in classical style
5. Program mapping
6. Demonstration of a compulsory program – To be choreographed by the skater, one minute in length



Artistry in Motion 3

1. Introduction to jazz/contemporary music programs
 - Development of lower body extension
 - Ina Bauer
 - Spread eagles
 - Unique spirals
2. Knee/body slides
3. Footwork and edge work sequences into jumps
4. Two spiral sequences (see manual for patterns)
5. Music interpretation exercise



Artistry in Motion 4

1. Development of artistic presentation in skating programs
2. Advanced spins (see manual)
3. Incorporation of body levels
4. Footwork and edge work sequences to music to be choreographed by the skater – 20 steps each
5. Demonstration of a program choreographed by the skater, music of skater's choice, 1-1 ½ minutes in length, to include elements from Freeskate 6 and below

Why join the U.S. Figure Skating Basic Skills Program?

- It is the official learn-to-skate program of the national governing body for figure skating
- The road to the Olympics
- Highest quality instruction
- Fun, challenging and rewarding skating curriculums for all ages and abilities
- Bridge to U.S. Figure Skating testing and competitive structure
- Promotional materials available for skaters, parents and facilities
- Sports accident insurance coverage
- All for a \$12 annual membership fee!

What will I get?

- When you register for the U.S. Figure Skating Basic Skills Program, you will receive:
- An official U.S. Figure Skating Basic Skills membership card
- A brightly colored record book with stickers to track your progress through the lessons
- A membership year patch
- Sport Accident Insurance
- General information about ice skating
- Basic Skills Edition of SKATING (Cover of inaugural issue)

What about skates? New, used or rental?

The boots should provide a snug fit. A skate needs to be an extension of the foot, fit snugly, and be laced up properly. Look for these three factors in picking out a skate that fits you properly: your size and weight, skating ability and how many times a week you plan to skate. If the boot does not fit properly or is too “broken in,” it will not provide adequate support. Proper fit is essential for success in skating!

Basically, the fit should be snug, with the lacing pattern constant from toe to ankle. When you push your foot forward to touch your toe to the end of the skate, if you can put a finger inside the skate between the back of your foot and end of your skate, it is too big.

It is not always necessary to buy new skates, especially when first learning to skate. Used skates can be a great bargain, if you know what to look for. If you are unsure of the quality of a pair of used skates, please ask the skating director or your instructor for some tips.

When purchasing new equipment, go to a reputable pro shop or sporting goods store and take the time to find a pair. Skates, like most sporting equipment, get more sophisticated as your ability increases. Most manufacturers produce a beginning boot that comes with a beginning blade.

If you choose not to invest in your own skates, rental skates will do just fine, too.

What do I wear?

Whether skating indoors or outdoors, dress for warmth by layering your clothing. Most indoor arenas are kept between 50 and 60 degrees, so jackets are recommended. As you get warm, you may wish to discard a layer. Comfort and ability to move freely are also very important. We suggest close-fitting but not tight pants. Sweatpants or warm-up pants are ideal. Your feet will feel best if you wear one pair of lightweight socks or tights. Bulky or thick socks may limit the support provided by your skates and create “bumps” inside your boots, making them uncomfortable. Make sure when fitting your skates that your toes can wiggle but your heel does not slide up and down or around once your foot is properly laced in the skate.

Protective head gear is recommended for children under the age of 6 and all beginner skaters. Contact a local sporting goods store for proper fit and information regarding safety helmets.

Remember gloves or mittens! Learning to fall is an important part of ice skating, and your hands will feel much better if you are wearing gloves or mittens.