The Wissahickon Skating Club is a member of the United States Figure Skating Association

About the USFS

U.S. Figure Skating is the national governing body for the sport of figure skating in the United States as recognized by the United States Olympic Committee and the International Skating Union. The headquarters, along with the World Figure Skating Hall of Fame and Museum, is located in Colorado Springs, Colo. U.S. Figure Skating is comprised of more than 700 member clubs and 900 Basic Skills programs representing approximately 175,000 members. U.S. Figure Skating's mission is to provide programs to encourage participation and achievement in the sport of figure skating. The organization is charged with the development of the sport on all levels within the United States including athletes, officials, sanctioning of events and exhibitions, and establishing the rules and guidelines by which the sport is governed.

Mail, Scan, or Fax Enrollment to:

WISSAHICKON SKATING CLUB

550 W. Willow Grove Avenue

Philadelphia, Pennsylvania 19118

phone 215-247-1759 x 20 fax 215-247-9466

grouplessons@wissskating.com

US FIGURE SKATING®

Basic Skills Program

PLACE STAMP HERE

Wissahickon Skating Club

550 West Willow Grove Avenue, Philadelphia, Pa. 19118

2015 - 2016

WISSAHICKON SKATING CLUB

Learn To Skate

Basic Skills

ADULTS

US FIGURE SKATING

Adult Skating Program

Adult 1
Falling and Recovery
Forward Marching
Forward two-foot glide
Forward swizzles
Moving Snowplow Stop
2 foot turns in place
Glide forward on two feet and dip

Adult 2
Forward stroking
Forward ½ swizzle pumps on a circle
Forward 1 foot glides
Slalom
Forward chasses on a circle
Backward 2 foot glide
Backward wiggles
Backward swizzles

Adult 3
Forward outside and inside edges on a circle (clockwise and counterclockwise)
Forward crossovers, (clockwise and counterclockwise, 5 consecutive)
Backward 1-foot glide, right and left, one time skater's height
Backward snowplow stop
Backward ½ swizzle pumps on a circle (4 to 6 consecutive, clockwise and counterclockwise)
Moving forward to backward & backward to forward 2 foot turn
Beginning 2 foot spin

Adult 4
Forward edges on circle
Backward edges on circle
Backward crossovers
Back chasses on circle
Forward outside 3-turns
Forward outside swing rolls
Inside pivots
Back cross to landing position

Adult 5
Forward & Backward Crossovers in Figure 8 pattern
Forward outside to inside change of edge on a line
T-stop, R or L
Forward inside 3turns, R & L
Continuous forward progressive chasse sequence, (clockwise and counterclockwise)
Beginning 1 foot spin

Adult 6
Forward inside Open Mohawk, both directions
Forward Perimeter Stroking with crossover end patterns
Alternating backward crossovers with two-foot transition
Backward crossovers to a backward outside edge glide (landing position)
Lunge
Spiral
Bunny Hop (Optional)
Footwork sequence: (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)

CLASSES INCLUDE A 1/2 HOUR LESSON, RENTAL SKATES & PRACTICE TIME

Getting Started - Adult Basic Skills Program

The U.S. Figure Skating Basic Skills program offers an introductory skating curriculum for the adult who has never skated. It is divided into six levels in which beginner adult skaters will progress at an individual rate while being challenged and motivated. The curriculum is designed specifically to teach the adult skater the basic elements of forward, backward, turns and stops before advancing to more challenging skating moves.

Lesson Dates and Times:

FRIDAYS 7:30p - 8:30p

F1 – 9/11, 9/18, 9/25, 10/2,10/9, 10/16, 10/23

F2 – 10/30, 11/6, 11/13,11/20, (11/27 off), 12/4, 12/11, 12/18

F3 – 1/8, 1/15, 1/22, 1/29, 2/5, (2/12 off), 2/19, 2/26

F4 – 3/4, 3/11, 3/18, (3/25 off), 4/1, 4/8, 4/15, 4/22

F5 – 4/29, 5/6, 5/13, 5/20, (5/27 off), 6/3, 6/10, 6/17

SATURDAYS 11:45a - 12:45p

S1 – 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24

S2 –10/31, 11/7, 11/14, 11/21, (11/28 off), 12/5, 12/12, 12/19

S3 – 1/9, 1/16, 1/23, 1/30, 2/6, (2/13 off), 2/20, 2/27

S4 – 3/5, 3/12, 3/19, (3/26 OFF), 4/2, 4/9, 4/16, 4/23

S5 –4/30, 5/7 (5/14 off), 5/21, (5/28 off), 6/4, 6/11 **only $100*

SUNDAYS 8:30p - 10:00p

A1 – 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25

A2 –11/1, 11/8, 11/15, 11/22, (11/29 off), 12/6, 12/13, 12/20

A3 – 1/10, 1/17, 1/24, 1/31, 2/7, (2/14 off), 2/21, 2/28

A4 – 3/6, 3/13, 3/20, (3/27 off), 4/3, 4/10, 4/17, 4/24

A5 – 5/1, 5/8, 5/15, 5/22, (5/29 off), 6/5, 6/12, 6/19

REGISTRATION FORM

Skater Name_____

Skater Birthdate_____

Address_____

_____

Email_____

Phone_____

Circle the LESSON that you wish to enroll in

ADULT 1 2 3 4 5 6

INTRO TO DANCE (sundays only)

Circle the SERIES that you wish to enroll in

FRI F1 F2 F3 F4 F5 SUN A1 A2 A3 A4 A5

SAT S1 S2 S3 S4 S5 *(S5 only $100)*

Seven Week Series $150.00

FEE INCLUDES USFS REGISTRATION

Classes May be Combined or Cancelled if Low Enrollment

Please circle payment method: CHECK CREDIT CASH

Credit Card #_____ Exp Date_____

Amount to Charge: _____ Check #_____

HOLD HARMLESS AGREEMENT: Having full knowledge of the nature of this activity and the hazards involved, I hereby certify that I have personal medical insurance coverage for any "bodily injury" that may occur and assume full responsibility for all losses and injuries sustained while involved in this activity as it relates to this facility. I also hold harmless the Wissahickon Skating Club, its insurers, their agents, coaching staff employees, and any associates from any claim related thereto.

SIGNATURE_____

PRINT NAME_____

DATE_____