

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



PLACE
STAMP
HERE

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 x20 fax 215-247-9466
grouplelessons@wissskating.com



Wissahickon Skating Club

550 West Willow Grove Avenue, Philadelphia, Pa. 19118

2016 - 2017



**WISSAHICKON
SKATING CLUB**

Learn To Skate
Basic Skills

ADULTS



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 **SAT** S1 S2 S3 S4

SUN A1 A2 A3 A4 A5 (A5 only \$125)

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 _____

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. Its 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 - 9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21

F2 - 10/28, 11/4, 11/11, 11/18 (11/25 off) 12/2, 12/9, 12/16

F3 - 1/6, 1/13, 1/20, 1/27, 2/3, 2/10 (2/17 off), 2/24

F4 - 3/3, 3/10, 3/17, 3/24, 3/31, 4/7, (4/14 off), 4/21

F5 - 4/28, 5/5, 5/12, 5/19, (5/26 off), 6/2, 6/9, 6/16

Saturdays 11:45a-12:45p

S1 - 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22

S2 - 10/29, 11/5, 11/12, 11/19 (11/26off) 12/3, 12/10, 12/17

S3 - 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, (2/18 off), 2/25

S4 - 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, (4/15 off), 4/22

Sundays 7:45p-9:15p

(time change to 5:45p- 7:15p beginning 4/2)

A1 - 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23

A2 - 10/30, 11/6, 11/13, 11/20 (11/27off) 12/4, 12/11, 12/18

A3 - 1/8, 1/15, 1/22, 1/29, 2/5, 2/12 (2/19 off) 2/26

A4 - 3/5, 3/12, 3/19 (3/26 off) 4/2, 4/9 (4/16 off) 4/23, 4/30

A5 - 5/7, 5/14, 5/21, (5/28 off) 6/4, 6/11, 6/18

***A5 only \$125**

Adult 1
Falling and Recovery
Forward Marching
Forward two-foot glide
Forward swizzles 4-6
Forward snowplow stop
Rocking horse
Dip

Adult 2
Forward skating across width of ice
Forward 1 foot glides R&L
Forward slalom
Backward swizzles 4-6
2 foot turns in place
Backward skating

Adult 3
Forward stroking using the blade properly
Forward half swizzle pumps on the circle- 6-8, both directions
Moving forward to backward & backward to forward 2 foot turn on a circle - both directions
Backward skating into long 2 foot glide
Forward chasses on a circle, both directions
Backward snowplow stop

Adult 4
Forward outside edges on circle R&L
Forward inside edges on circle R&L
Forward crossovers R&L
Backward 1 foot glides R&L
Back half-swizzle pumps on circle R&L
Hockey stop R&L

Adult 5
Backward outside edge on a circle R&L
Backward inside edge on a circle R&L
Backward crossovers R&L
Forward outside 3 turn R&L
Forward swing rolls to a count of six
Beginning 2 foot spin

Adult 6
Forward stroking with crossover end patterns
Backward stroking with crossover end patterns
Forward inside 3 turn R&L
Lunge
T stop R or L
2 foot spin into 1 foot spin
Forward outside to inside change of edge on a line R&L

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