

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
grouplessons@wiskating.com



Wissahickon Skating Club

550 West Willow Grove Avenue, Philadelphia, Pa. 19118

2016 - 2017



**WISSAHICKON
SKATING CLUB**

Learn To Skate
Basic Skills

FREESKATE



2016 - 2017

PRE-FREESKATE Standstill forward inside open Mohawk -both directions, Backward crossovers to backward outside edge glides -both directions, Backward outside edge to forward outside edge transition -both directions, 2 forward crossovers to a forward inside Mohawk/step down and cross behind/ step to 1 backward crossover/step to forward inside edge - both directions, 1 foot upright spin -optional entry and freefoot position, mazurka R & L, waltz jump, backward inside pivots- both directions

FREESKATE 1 Forward power stroking - both directions, Basic forward outside & inside consecutive edges- 4 -6, Back outside 3 turns R & L, Upright spin from back crossovers 4 - 6 revolutions, Half flip jump, Toe loop jump, Waltz side toe hop waltz jump sequence or Waltz ballet jump toe loop sequence

FREESKATE 2 Basic back outside & back inside consecutive edges - 4-6, Alternating forward outside & inside spirals on continuous axis- 2 sets, Backward inside 3turn R & L, Beginning back spin, half lutz, salchow, skater's choice spiral variation

FREESKATE 3 Alternating backward crossovers to back outside edges - 4 sets, Alternating mohawk/ crossover sequence - both directions, waltz 3 turns - both directions, F & B crossovers in figure 8 pattern, Waltz 8, Advanced forward consecutive swing rolls (4-6), Backspin w free foot in crossed leg position, Salchow, Waltz jump-toe loop combo or Salchow-toe loop combo, toe step sequence skaters choice

FREESKATE 4 , Forward power 3 turns- R & L 3 sets each, Waltz eight- both directions, Forward upright spin to backward upright spin - 3 revolutions each foot, Sit spin - 3 revolutions min, Half loop jump, Flip jump, Split, Stag/ Falling Leaf jump

FREESKATE 5 Backward outside power 3 turns- both directions, 5 step mohawk sequence, Camel spin - 3 revolutions min, waltz/loop combo jump, lutz jump, loop/ loop combo jump

FREESKATE 6 Forward power pulls R & L, Creative step sequence, Camel-sit spin combo- 2 revolutions each position, Layback Attitude or Crossfoot spin, Waltz jump-half loop-Salchow combo, Axel, backward outside pivot
Axel does not need to be landed to pass this test.

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.



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, (11/26 off) 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

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

SKATERS SHOULD DRESS WARMLY

REGISTRATION FORM

Skater Name _____

Skater Birthdate _____

Parents Names _____

Address _____

Email _____

Phone _____

Circle the LESSON that you wish to enroll in

FREESKATE PRE 1 2 3 4 5 6

Circle the SERIES that you wish to enroll in

FRI F1 F2 F3 F4 F5 **SAT** S1 S2 S3 S4

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.

PARENT/GUARDIAN SIGNATURE _____

PRINT NAME _____