

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.



**Wissahickon Skating Club**

550 West Willow Grove Avenue, Philadelphia, Pa. 19118

Mail, Scan, or Fax Enrollment to:

### WISSAHICKON SKATING CLUB

550 W. Willow Grove Avenue  
Philadelphia, Pennsylvania 19118  
phone 215-247-1759 x28 fax 215-247-9466  
grouplelessons@wisskating.com

endorsed by



2018 - 2019



**WISSAHICKON  
SKATING CLUB**

**Learn To Skate**  
*Basic Skills*

**ADULTS**

**LEARN TO**  
**SKATE**  
**USA**

endorsed by



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**

# 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's 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

**AUTUMN** sept 14, 21, 28, oct 5, 12, 19, 26, nov 2  
**WINTER 1** nov 9, 16, (no 23), 30, dec 7, 14, 21, jan 4, 11  
**WINTER 2** jan 18, 25, feb 1, 8, (no 15), 22, mar 1, 8, 15

### Saturdays 11:45a - 12:45p

**AUTUMN** sept 22, 29, oct 6, 13, 20, 27, nov 3, 10  
**WINTER 1** nov 17, (no 24), dec 1, 8, 15, 22, jan 5, 12, 19  
**WINTER 2** jan 26, feb 2, 9, 16, 23, mar 2, 9, 16

### Tuesdays 12:45p - 2:45p

**AUTUMN** sept 18, 25, oct 2, 9, 16, 23, 30, nov 6  
**WINTER 1** nov 13, 20, 27, dec 4, 11, 18, jan 8, 15  
**WINTER 2** jan 22, 29, feb 5, 12, 19, 26, mar 5, 12

### Thursdays 12:45p - 2:45p

**AUTUMN** sept 20, 27, oct 4, 11, 18, 25, nov 1, 8  
**WINTER 1** nov 15, (no 22), 29, dec 6, 13, 20, jan 3, 10, 17  
**WINTER 2** jan 24, 31, feb 7, 14, 21, 28, mar 7, 14

# 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 (Tues or Thurs only)

**Circle the SERIES that you wish to enroll in**

<b>FRIDAYS</b>	Autumn	Winter 1	Winter 2
<b>SATURDAYS</b>	Autumn	Winter 1	Winter 2
<b>TUESDAYS</b>	Autumn	Winter 1	Winter 2
<b>THURSDAYS</b>	Autumn	Winter 1	Winter 2

**EIGHT WEEK SERIES \$175.00**  
**FEE INCLUDES USFS REGISTRATION**  
*Classes May be Combined or Cancelled if Low Enrollment*

Please circle payment method: **CHECK CREDIT CASH**

Credit Card (NO AMEX) # \_\_\_\_\_ Exp Date \_\_\_\_\_

**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 \_\_\_\_\_