

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

groupplessons@wisskating.com

endorsed by



2018 - 2019



**WISSAHICKON  
SKATING CLUB**

**Learn To Skate**

*Basic Skills*

**YOUTH**

— LEARN TO —  
**SKATE**  
— USA —

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2018-2019

**BASIC 1** Sit on ice & stand up, March forward across the ice, Forward two-foot glide, Dip, Forward swizzles - 6-8 in a row, Backward wiggles - 6-8 in a row, Snowplow stop, 2 Foot hop in place (optional)

**BASIC 2** Scooter pushes - R & L, Forward one foot glides - R & L, Backward 2 foot glide, Rocking Horse (1 F swizzle, 1 back swizzle, repeat twice) Backward swizzles - 6 - 8 in a row, 2 foot turn from forward to backward in place, Moving snowplow stop, Curves

**BASIC 3** Beginning forward stroking showing correct use of blade, Forward half swizzle pumps on circle - 6 - 8 consecutive clockwise & counterclockwise, Moving forward to backward 2 foot turns on a circle - clockwise & counterclockwise, Beginning backward 1 foot glides, Backward snowplow stops, Forward slalom, Forward pivots

**BASIC 4** Forward outside edge on circle - R & L, Forward inside edge on a circle - R & L, Forward crossovers, clockwise & counterclockwise, Backward half swizzle pumps on circle, clockwise & counterclockwise, Backward 1 foot glides, Beginning 2 foot spin - up to two revolutions, Forward Lunges R & L

**BASIC 5** Backward outside edge on circle - R & L, Backward inside edge on circle- R - L, Backward crossovers- clockwise & counterclockwise, Forward outside 3 turn R & L, Side toe hop R & L , Advanced 2 foot spin 4-6 revolutions, Hockey stop R & L

**BASIC 6** Forward inside 3 turn - R & L, Moving backward to forward 2 foot turn on circle- clockwise & counterclockwise, backward stroking, beginning 1 foot spin- 2-4 revolutions w optional free leg position, T Stop - R & L, Bunny hop, Forward spiral on Straight line - R or L, Shoot the Duck - R or L

## U. S. Figure Skating Basic Skills Program Basic Skills Curriculum

The “basic skills” are the fundamentals of the sport. These six levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and mohawks. Upon completion of the Basic Levels 1-6, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating.



### 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

## PLEASE REGISTER EARLY TO ENSURE YOUR PLACE IN CLASS

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

SKATERS SHOULD DRESS WARMLY

BEGINNERS SHOULD WEAR HELMETS

## REGISTRATION FORM

Skater Name \_\_\_\_\_

Skater Birthdate \_\_\_\_\_

Parents Names \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Circle the LEVEL that you wish to enroll in

BASIC 1 2 3 4 5 6

Circle the SERIES that you wish to enroll in

FRI DAYS Autumn Winter 1 Winter 2

SATURDAYS Autumn Winter 1 Winter 2

*Eight Week Series \$175.00*

*Classes May be Combined or  
Cancelled if Enrollment is Low*

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 \_\_\_\_\_