

## PROPER SKATING

### ATTIRE

- ◆ Bike helmets required for 3, 4 & 5 year olds.
- ◆ Warm clothes (nothing big and bulky—no ski suits)
- ◆ Gloves (No mittens)
- ◆ One pair of thin socks (thick socks can cause blisters)
- ◆ Figure skates are easier to learn in because the longer flat blade provides the skater with more stability. If playing hockey is your goal, the switch to hockey skates may be made after a time of success with figure skates. Please consult your instructor first before making the switch.

### OUR SUCCESS STORIES

- ◆ **AVA DIMMICK** starting skating at the age of 3, in Skate Frederick's learn to skate classes. She is a triple gold medalist for ice dancing, moves in the field and freestyle and is working on her international dances. In 2007, she became a member of the Sparklers synchronized skating Preliminary team, while still taking group lessons. For the past 3 years, Ava, has skated on Team Delaware's Junior Synchro Team. This past April, she tried out and made the Haydenettes USA Senior World Team in Boston, MA area.
- ◆ **ERIC SJOBERG** started skating January of 2006, at the age of 4, in the Snowplow 1 class, through Skate Frederick's Learn to Skate Program. 11 years later, he trains in California with World Coach Rafael Arutunian. Eric has competed in world competitions. In 2016, he was the U.S. Novice National Champion and finished 4th at the 2017 U.S. Junior Nationals.
- ◆ **EMILY FITZGERALD** started skating after attending a birthday party at the age of 9, in our Learn to Skate Program. She began synchronized skating with Skate Frederick Sparklers in the Fall of 2006. Emily now skates for her 3rd year for Crystalettes USA Senior Synchro World Team in Dearborn, Mi. She holds a silver medal from 2017 U.S. Synchro Nationals and bronze medal from The Cup of Berlin in Germany. Emily was also named, one of ten, USA Dream Skater by U.S. Figure Skating Association.
- ◆ **CAYTY FITZGERALD** began her skating in the Fall 2006 through private lessons. In 2007, she began synchronized skating with Skate Frederick Sparklers. Cayty just finished her 1st year skating for Lexettes, Hayden's USA Junior Synchro World Team from the Boston, Ma. area. She has a silver medal from 2017 U.S. Synchro Nationals and a Gold medal from The Mozart Cup in Salzburg, Austria. Cayty is currently skating for the Haydenettes USA Senior World Team.
- ◆ **EMILY MURPHY** started skating at the age of 5 and has been skating for 17 years. She has competed at many regional and collegiate national competitions. Emily has been show skating for 2 years at Busch Gardens in Tampa, Fl. Emily is also a Senior Moves in the Field Gold Medalist.

## CLASS DESCRIPTIONS

**ICE BABIES: 3 year old Beginner Class:** sit & stand up with skates off & on the ice, march in place, march forward, march, then glide on 2 feet, dip in place

**SNOWPLOW 1: 4 & 5 yr. old Beginner Class:** sit & stand up with skates off & on the ice, march in place, march forward, march then glide on 2 feet, dip in place

**SNOWPLOW 2: must have passed Snowplow 1:** march followed by long glide, dip while moving, backward walking, toes turned inward, shifting weight, backward wiggles, forward swizzles snowplow stop motion, 2 foot hop in place

**SNOWPLOW 3: must have passed Snowplow 2:** forward skating, forward 1 foot glide, forward 2 foot swizzles, backward swizzles, forward snowplow stop, curves

**SNOWPLOW 4: must have passed Snowplow 3:** forward skating, backward 2 foot glide, backward swizzles, rocking horse, 2 foot turns forward to backward, 2 foot hop.

**BASIC 1: 6—14 yr. old Beginner Class:** march forward across the ice, forward two foot glide, dip forward swizzles, backward wiggles, beginning snowplow stop.

**BASIC 2: must have passed Basic 1:** scooter pushes, forward 1 foot glides, backward 2 foot glide, rocking horse, backward swizzles, 2 foot turns forward to backward, moving snowplow stop

**BASIC 3: must have passed Basic 2:** forward stroking, forward half swizzle pumps on a circle, moving forward to backward 2 foot turns on circle, backward 1 foot glides, backward snowplow stop, forward slalom

**BASIC 4: must have passed Basic 3:** forward outside edge on circle, forward inside edge on a circle, forward crossovers, backward half swizzle pumps on circle, backward 1 foot glides, backward 2 foot spin

**BASIC 5: must have passed Basic 4:** backward outside edge on circle, backward inside edge on circle, backward crossovers, forward outside three turn, advanced 2 foot spin, hockey stop

**BASIC 6: must have passed Basic 5:** forward inside 3 turn, moving backward to forward 2 foot turn on circle, backward stroking, beginning 1 foot spin, T-stops, bunny hop, forward spiral on straight line

**PRE-FREE SKATE: must have passed Basic 6:** forward inside open mohawk, backward crossovers to backward outside edge glides, backward outside edge to forward outside edge transition, 2 forward crossovers into a forward inside mohawk, step down & cross behind step into 1 backward crossover & step to a forward inside edge, both directions, 1 foot upright spin, mazurka, waltz jump

**FREE SKATE 1: must have passed Pre-Free Skate:** forward power stroking, forward outside & forward inside consecutive edge, backward outside 3 turns, upright spin entry from back crossovers, half flip, toe loop

**FREE SKATE 2: must have passed Free Skate 1:** alternating forward outside & inside spirals on continuous axis, backward outside & backward inside consecutive edges, backward inside 3 turns, beginning back spin, half lutz, salchow

**FREE SKATE 3: must have passed Free Skate 2:** alternating backward crossovers to back outside edges, alternating Mohawk/crossover sequence, waltz 3 turns (forward outside 3 turn, backward outside edge glide), back spin w/free foot in crossed leg position, loop jump, waltz or salchow jump—toe loop combination

**FREE SKATE 4: must have passed Free Skate 3:** forward power 3 turns, waltz eight, forward upright spin to backward upright spin, sit spin, half loop, flip

**FREE SKATE 5: must have passed Free Skate 4:** backward outside 3 turn, mohawk, 5 step Mohawk sequence both directions, camel spin, waltz jump loop jump combination, lutz jump

**FREE SKATE 6: must have passed Free Skate 5:** forward power pulls, creative step sequence using a variety of three turns, mohawks & toe steps, camel site spin combination, layback or attitude spin or cross foot spin, waltz jump-half loop-salchow jump sequence, axel

**BASIC HOCKEY: 4 & 5 yr. old— must have completed Snowplow 3  
6 yr. old & above— must have completed Basic 2**

Class prepares skaters for Learn to Play. Falling & recovery to a balanced, standing position, proper hockey stance, 2 foot glides & dips, forward swizzles double c-cuts, t-push to 2 foot glide, snowplow stop, forward strides using 45 degree v-push, forward 1 foot push & glide (r&l), forward c-cuts single leg & alternating feet, backward hustle, backward swizzles double c-cuts, lateral crossover march

**BEGINNER ADULTS: 15 yr. old & above:** forward marching, forward 2 foot glide, forward swizzle, rocking horse, dip, forward snowplow stop, stroking, 1 foot glides, forward slalom, backward skating & swizzles, 2 foot turns in place.

**INTERMEDIATE ADULTS: 15 yr. old & up—must have passed Beginner**  
stroking, forward half swizzle pumps on circle, forward to backward & backward to forward 2 foot turn, backward skating into 2 foot glide, forward chasses on circle, backward snowplow stop, forward outside edge & inside edge on circle, forward crossovers, backward one foot glides, backward half swizzle pumps on circle, hockey stop, backward outside and inside edge on circle, backward crossovers, forward outside 3 turn, forward swing rolls, 2 foot spin.

**ADVANCED ADULTS: 15 yr. old & up—must have passed Intermediate:**  
forward and backward stroking with crossover end patterns, forward inside 3 turn, forward outside to inside change of edge, t-stop, lunge, 2 foot spin into 1 foot spin. Once these skills are accomplished, free skate skills will be introduced.

## SKATE

## FREDERICK'S

## NOVEMBER

## 2018

LEARN TO

# SKATE

USA

## Group Lesson Program



## Online Registration Available

Skate Frederick Ice Sports \* 1288 Riverbend Way  
Frederick, MD 21701 \* 301-662-7362

## CLASS REGISTRATION

### INCLUDES

- ◆ 25 minutes instructional time once a week for 8 weeks
- ◆ 5 minutes allocated for parent questions to the class instructor at the end of the 25 minute instruction time
- ◆ Student membership to Learn to Skate USA Basic Skills Program
- ◆ Learn to Skate USA Basic Skills record book
- ◆ Complimentary public session pass card.

### FIRST DAY OF CLASS

- ◆ Skaters should arrive 15 minutes prior to the start of class
- ◆ Pick up skates and class name tag from Skate Rental
- ◆ All Ice Babies, Snowplow 1 and Basic 1 students will meet in the assigned party or locker room for the first 10-15 minutes before entering the ice with their instructor
- ◆ All other classes will meet directly on the ice at their scheduled class time

### ENROLLMENT TERMS & CONDITIONS

- ◆ The Skating School reserves the right to change the day and/or time of class lessons
- ◆ A minimum of 5 students must register for each class or the class may be cancelled
- ◆ **NO REFUNDS or CREDITS** will be made for absences or classes missed by the students
- ◆ All refunds will be subject to a pro-rated fee
- ◆ NO full refunds will be issued without a doctor's note
- ◆ **Only 2 classes per session will be allocated for makeup classes. Some classes may not have make-up class available**
- ◆ **You must contact the Skating School Director for any and all make up classes. Time of classes may change from the listing of publication.**

## HOME SCHOOL CLASSES Online registration available!

### TUESDAY 7 week classes start Oct. 30, ends Dec. 18

- Snowplow 1** (4-5 yr. old) Beginner - 9:30-10:00 am - \$101
- Snowplow 2** (Passed Snowplow 1) - 10:00-10:30 am - \$101
- Mommy & Me** (3, 4 & 5 yr. old & parent) - 10:30-11:00 am - \$114
- Specialty Class** (Basic 6 & above levels) - 10:30-11:30 am - \$193

**NO**  
Tuesday Classes  
Nov. 20

### THURSDAY 8 week classes start Nov. 1, ends Jan. 3

- Basic 1** (6 yr. old & above) Beginner - 9:30-10:00 am - \$115
- Basic 2** (Passed Basic 1) - 10:00-10:30 am - \$115
- Basic 3** (Passed Basic 2) - 10:30-11:00 am - \$115

**NO**  
Thursday Classes  
Nov. 22 & Dec. 27

### WEDNESDAY 8 Week EVENING CLASSES

Classes start Oct. 31, ends Jan. 2, 2019

**NO** Wednesday Classes  
Nov. 21 & Dec. 26

5:30-6:00 pm COST: \$115 2nd family member \$110	6:00-6:30 pm COST: \$115 2nd family member \$110	6:30-7:00 pm COST: \$115 2nd family member \$110
<b>Ice Babies</b> (3 yr. old) - Beginner	<b>Basic 1</b> (8-10 yr. old) - Beginner	<b>Snowplow 1</b> (5 yr. old) Beginner
<b>Snowplow 1</b> (4 yr. old) - Beginner	<b>Basic 2</b> (8-10 yr. old) Passed B1	<b>Snowplow 2</b> (5 yr. old) Passed S1
<b>Snowplow 2</b> (4 yr. old) Passed S1	<b>Basic 3</b> (9 & above) Passed B2	<b>Basic 1</b> (11-14) Beginner
<b>Snowplow 3</b> (4-5 yr. old) Passed S2	<b>Basic 4</b> Passed B3	<b>Basic 2</b> (11-14) Passed B1
<b>Snowplow 4</b> (4-5 yr. old) Passed S3	<b>Basic 5</b> Passed B4	<b>Freeskate 1 &amp; 2</b> Passed Pre-Free
<b>Basic 1</b> (6-7 yr. old) - Beginner	<b>Basic 6</b> Passed B5	<b>Freeskate 3 &amp; 4</b> Passed FS 2
<b>Basic 2</b> (6-7 yr. old) Passed B1	<b>Pre-Freeskate</b> Passed B6	<b>Freeskate 5 &amp; 6</b> Passed FS 4
<b>Basic 3</b> (6-8 yr. old) Passed B2	<b>Advanced Adult: (1 hour \$215)</b> Passed Intermediate Adult	<b>Beginner Adult</b> (15 & above)
<b>Basic Hockey</b> Passed S3 or B2	<b>Intermediate Adult:</b> Passed Beginner Adult	

### SATURDAY 8 Week MORNING CLASSES

Classes start Nov. 3, ends Jan. 5, 2019

**NO** Saturday Classes  
Nov. 24 & Dec. 29

9:30-10:00 am COST: \$115 2nd family member \$110	10:00-10:30 am COST: \$115 2nd family member \$110	10:30-11:00 am COST: \$115 2nd family member \$110
<b>Ice Babies</b> (3 yr. old) - Beginner	<b>Basic 1</b> (8-10 yr. old) - Beginner	<b>Snowplow 1</b> (5 yr. old) Beginner
<b>Snowplow 1</b> (4 yr. old) - Beginner	<b>Basic 2</b> (8-10 yr. old) Passed B1	<b>Snowplow 2</b> (5 yr. old) Passed S1
<b>Snowplow 2</b> (4 yr. old) Passed S1	<b>Basic 3</b> (9 & above) Passed B2	<b>Basic 1</b> (11-14) Beginner
<b>Snowplow 3</b> (4-5 yr. old) Passed S2	<b>Basic 4</b> Passed B3	<b>Basic 2</b> (11-14) Passed B1
<b>Snowplow 4</b> (4-5 yr. old) Passed S3	<b>Basic 5</b> Passed B4	<b>Freeskate 1 &amp; 2</b> Passed Pre-Free
<b>Basic 1</b> (6-7 yr. old) - Beginner	<b>Basic 6</b> Passed B5	<b>Freeskate 3 &amp; 4</b> Passed FS 2
<b>Basic 2</b> (6-7 yr. old) Passed B1	<b>Pre-Freeskate</b> Passed B6	<b>Freeskate 5 &amp; 6</b> Passed FS 4
<b>Basic 3</b> (6-8 yr. old) Passed B2	<b>Advanced Adult: (1 hour \$215)</b> Passed Intermediate Adult	<b>Basic Hockey</b> Passed S3 or B2
<b>Beginner Adult</b> (15 & above)	<b>Intermediate Adult:</b> Passed Beginner Adult	

## NOVEMBER 2018 REGISTRATION

Skate Frederick's Skating Academy reserves the right to change the day and time of classes

**NO CLASSES** the week of **NOV. 19-24** and **DEC. 24-29**

### ONLINE REGISTRATION NOW AVAILABLE

Skater's Name: \_\_\_\_\_

Birthdate: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_

Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Cost: \_\_\_\_\_

Skater's Name: \_\_\_\_\_

Birthdate: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_

Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Cost: \_\_\_\_\_

Skater's Name: \_\_\_\_\_

Birthdate: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_

Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Cost: \_\_\_\_\_

PARENT NAME: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (C) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**PAYMENT METHOD:** Full payment required

**ONLINE REGISTRATION IS NOW AVAILABLE**

**\$10 LATE FEE** for all registrations received the day of new classes

Cash \_\_\_\_\_ Check # \_\_\_\_\_

Visa \_\_\_\_\_ Exp. \_\_\_/\_\_\_  
Zip \_\_\_\_\_

Master \_\_\_\_\_ Exp. \_\_\_/\_\_\_  
Zip \_\_\_\_\_

Discover \_\_\_\_\_ Exp. \_\_\_/\_\_\_  
Zip \_\_\_\_\_

**RELEASE:** In consideration of the Participant being permitted to register and participate in ice skating at Skate Frederick LLC we do hereby forever release and discharge its Directors, Coaches, Agents, Employees and any person or corporation connected herewith from all manner of action, injury, damages, costs, claims or demands which we shall or may hereafter have suffer or received by reason of such participant in any program at the center. The release shall be binding on our heirs, assigns, executors and administrators. It is further agreed that Skate Frederick shall not be considered to guarantee or warrant such equipment as may be used in the conducting of said ice skating activity. Skate Frederick LLC reserves the right to use any pictures taken during the skating activity for advertising and/or promotional purposes.

I HAVE READ AND UNDERSTOOD ALL THE INFORMATION  
PRESENTED IN THIS BROCHURE.

Signature \_\_\_\_\_

Date \_\_\_\_\_