



# US Figure Skating Bridge Program

## Junior Club/Freeskate Levels 1-4

Session 1: September 24-October 29

Session 2: November 5-December 17 (no class Nov. 26)

Session 3: January 7- February 11

Session 4: February 18- March 25

The Junior Club/ Freeskate 1-4 class is designed to teach skaters the beginner freestyle elements in a small group lesson environment and to introduce skaters to the benefits of club membership. **This 60-minute, 6-week class is designed for the skater who has completed the US Figure Skating Basic Skills Levels 1-8.** Skaters typically take one or two sessions of this class and then move into private lesson instruction with one of our qualified coaches. *It is strongly recommended that skaters enroll for at least two sessions of the bridge program before entering private lessons. This is to ensure the full curriculum is completed, as the Freeskate 1-4 levels are more difficult to learn.*

Each freeskate level is divided into 4 sections:

- ✓ Jumps
- ✓ Spins
- ✓ Moves in the field
- ✓ Dance sequence

*Our program goals are:*

- ✓ *Teach proper on and off-ice warm-up*
- ✓ *Introduce proper jump and spin technique through the US Figure Skating Freeskate 1-4 Curriculum*
- ✓ *Learn ice utilization and good practice habits*
- ✓ *Introduce skaters to the figure skating club*
- ✓ *Introduce skaters to the benefits of competitive skating*

**Class Time:** Wednesday 5:00-6:00 pm on-ice, followed by an introductory-level, skating-specific ballet class from 6:15-7:00pm

**Cost:** \$139 **Additional Cost:** \$7.50 for yearly membership to US Figure Skating. This is a one-time membership fee good through August 2009.

**Registration:** In person at the Edge office, by phone or by mailing in the form located on the reverse side. The Edge accepts Visa and MasterCard.

*Program Requirements:*

- *Skating attire (tights and a skating dress, skirt or leggings)*
- *Hair either in a ponytail or secured back*
- *Jump Rope, water bottle and a journal*

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