

City of East Grand Forks & Northern Lights FSC Skating Programs

This chart gives a general overview of the different programs that the City of EGF/NLFSC offers. All programs follow U.S. Figure Skating Association (USFSA) guidelines.

The colors are intended to give a basic representation of how a skater can interact within the different programs. Exceptions can and do occur.

Skaters generally begin in either Snowplow Sam 1 (preschool-aged) or Basic 1 (older skaters) and advance through the Learn to Skate Program through badge testing, which is offered 2-3 times during the skating season.

At any time, a skater may hire a private coach to take private lessons to learn to skate, but USFSA testing would not begin until the skater is ready to test the Pre-Preliminary Moves in the Field.

The USFSA Test Pipeline shown applies to all USFSA tracks:

- Moves in the Field
- Free Skate
- Dance (the level names are different)

A skater may learn and test in one or more tracks.

Learn to Skate Program EGF Parks and Rec (Group Lessons)

Snowplow Sam 1
Snowplow Sam 2
Snowplow Sam 3

Basic 1
Basic 2
Basic 3
Basic 4
Basic 5
Basic 6
Pre-Freeskate

Freeskate 1
Freeskate 2
Freeskate 3
Freeskate 4
Freeskate 5
Freeskate 6

High Freestyle

USFSA Test Pipeline Determines USFSA Competitive Skating Level (Achieved through Private Lessons)

Pre-Preliminary

Preliminary

Pre-Juvenile

Juvenile

Intermediate

Novice

Junior

Senior/Gold

Synchronized Skating is a team sport in which 8-16 skaters perform together. Beginning skaters (generally in Basic 3-4) are welcome to join the SPS team,, which gives an introduction to synchro and prepares the skater to try out for a competitive skating team.

Synchronized Skating Program

Snow Plow Sam
(non-competitive)

Aspire Synchro

Aspire Synchro

Pre-Juvenile

Open Juvenile

Intermediate