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 <u>basic</u> 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.

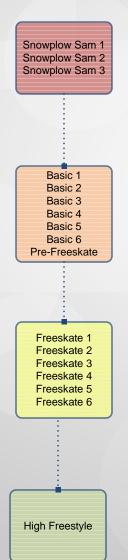
At any time, a skater may hire a private coach to take private lessons to learn to skate, but USFSA testing would not begin until the skater is ready to test the Pre-Preliminary Moves in the Field.

The USFSA Test Pipeline shown applies to all USFSA tracks:

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

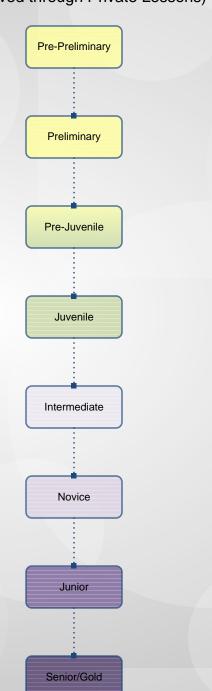
A skater may learn and test in one or more tracks.

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



USFSA Test Pipeline

Determines USFSA Competitive Skating Level (Achieved through Private Lessons)



Synchronized Skating is a team sport in which 8-16 skater 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.

