Use this class to begin your training in the US Figure Skating Moves in the Field Tests, or augment your private instruction with this added practice time. Moves in the Field are basic skating moves skated without music. The goal is the effortless, flowing and graceful execution of each move. They require the carriage of the head in an upright, relaxed and natural position, the carriage of the upper body in an upright but not stiff position, graceful arms, and an extended free-leg with the toe pointed. They must be skated with good edges, control, flow, extension, carriage and rhythm.

For Adult & Youth Skaters in FS 2 & Above

Saturdays 9:20—10:20 am
Series 1  Sept 7—Oct 19, 2019
Series 2  Oct 26—Dec 14, 2019*
Series 3  Jan 4— Feb 15, 2020
Series 4  Feb 29— Apr 11, 2020
Series 5  Apr 18—May 30, 2020
(*No Lessons 11/30)

◊ Seven Weekly Sessions—Professional Instruction
◊ 1/2 Hour Lesson and 1/2 Hour Practice Weekly
◊ Classes Grouped by Age and Ability
◊ Limited Class Size
◊ Seven Free Public Session or Freestyle Passes
(expire 1 month after lessons end, for lesson skater use only)
◊ Learn to Skate USA Membership Required
Please visit www.learntoskateusa.com

Levels:
Pre-preliminary
Preliminary
Pre-Juvenile
Classes are taught by Gold Level Moves in the Field Instructors

Please Register Online!
Register at www.iceworld.com/register-now

* Walk ins will NOT be accepted the first day of lessons unless approved by the Skating Director YOU MUST REGISTER AHEAD OF TIME
* A $10 late fee will be added to anyone who does not register at least 5 days before the first day of lessons
* Additional family members registering for the same series receive a 10% discount on the extra class
* Please note that there are NO MAKE-UP CLASSES. REFUNDS SUBJECT TO A $25 REGISTRATION FEE
* For more information, please contact: Sarah Venuti, Skating Director, at 410-612-1000 x101 or skating@iceworld.com
USFS’s
Moves in the Field

Pre-Preliminary:

The Pre-Preliminary test encourages beginning skaters to learn the fundamentals of ice skating. The candidate must show knowledge of the steps, fairly good edges, and some evidence of good form.

- Forward perimeter stroking
- Basic consecutive edges (forward outside, forward inside, backward outside and backward inside)
- Forward right and left foot spiral
- The “waltz eight” pattern

Preliminary:

The Preliminary test continues the encouragement of beginning skaters. The candidate must show knowledge of the steps and a good sense of power (speed and flow). Attention should be given to the depth of edges and proper curvature of lobes.

- Forward and backward crossovers in a figure 8
- Consecutive outside and inside spirals
- Forward power three turns
- Alternating forward three turns
- Forward circle 8
- Alternating backward crossovers to backward outside edges

Pre-Juvenile:

The Pre-Juvenile test requires the skater to demonstrate good edges, flow, power, extension and posture.

- Forward and Backward Perimeter Power Stroking
- Forward Outside/Back Inside Three-Turns in the Field
- Forward Inside/Back Outside Three-Turns in the Field
- Forward and Backward Outside Three-Turns in the Field
- Forward and Backward Power Change of Edge Pulls
- Backward circle 8
- Five Step Mohawk Sequence