

# U.S. FIGURE SKATING ASPIRE PROGRAM

The next step after group lessons is to seek out a club in your community and learn about the benefits offered through an introductory membership. As your child transitions from Learn to Skate USA, the U.S. Figure Skating Aspire Program provides a solid foundation in figure skating through the development of athleticism and artistry, empowering skaters to be successful on and off the ice. This program takes the anxiety away from switching to private lessons and offers a cost-effective way to continue group lessons as the skater makes that transition to full membership. Aspire provides:

- An affordable, comprehensive package program
- A safe and supportive group training environment
- An introduction to a wide variety of skating disciplines
- A focus on proper skill development and training techniques
- Resources for new skaters and their parents to support their love of skating
- An opportunity for skaters to reach their goals by fostering and nurturing their true potential

The program focuses on skaters from the Learn to Skate USA pre-free skate level through U.S. Figure Skating's preliminary level and adult beginner-bronze levels. Skaters are introduced to a variety of on- and off-ice group classes to hone their skills.

Local Aspire programs are run differently by each club or rink and offer different packages. Check with your local skating club or ice facility for more information on its Aspire program.

## On-ice classes

### CORE ON-ICE CLASSES

- Skating skills (including edges and power skating)
- Jumps and spins
- Introduction to moves in the field

### ON-ICE ENHANCEMENT CLASSES

- Learn to compete
- Beginning ice dancing
- Introduction to synchro skills
- Artistry in Motion: choreography and movement
- Introduction to Theatre On Ice

## Off-ice classes

### CORE OFF-ICE CLASSES

- Dynamic warm-up
- Physical literacy
- Agility, balance and coordination
- Functional strength training
- Flexibility
- Plyometrics and off-ice jumps
- Movement and musical interpretation

### OFF-ICE HEALTH AND WELLNESS CLASSES

- Long-term athlete development
- Proper nutrition and hydration
- Practice planning/tracking
- Goal-setting
- Sportsmanship
- Self-confidence and perseverance
- Mental preparation
- SafeSport Education
- Social activities