



[MVIA Figure Skating Lesson FAQs](#)

I want to learn to figure skate; how do I start?

We recommend that everyone start with our Learn to Skate USA Program. It is a beginning ice-skating program created by the United States Figure Skating Association to serve the needs of many different types of skaters. We cater our program to brand new and beginning skaters, beginning to advancing hockey players, adults, recreational and competitive skaters. The MVIA offers several Learn to Skate sessions per year. We welcome new sign-ups at the start of each session.

How do I register for Learn to Skate classes?

There are TWO steps to sign up for Learn to Skate Lessons at MVIA:

1. Each skater must be registered with the Learn to Skate USA program to be compliant with our governing body, sports safety and insurance.
 - a. To register with Learn to Skate USA visit: <http://bit.ly/LTSUSARegMVIA>
2. Additionally, please use our online scheduling system, Ez-Facility, to sign up for the next Learn to Skate session <https://bit.ly/ezfacmvia>. Please select your package and follow the prompts to register and pay.

Email our skating directors at mtnviewsa@gmail.com with questions. Registration is **online only** due to participation caps.

Should I have my own skates?

As skaters progress, they benefit from the comfort, support, and consistency of their own skates. Additionally, they will progress much faster in their own skates. Ask your instructor or contact our skating directors for a recommendation of skates based on your level.

What are the next steps after Learn to Skate?

We have many options for skaters:

1. **Private Lessons:** We offer private lessons to skaters wanting to progress. Please email for more info: mtnviewsa@gmail.com with questions.
2. **Skating Academy (MVSA):** We recommend skaters at the Basic 5 level and higher join the Mountain View Skating Academy which offers the following:
 - a. **Aspire Program** which is an accelerated cost-effective small group class which offers an introduction to figure skating. Aspire focuses on proper stretching, warm-up/cool down, stroking, edges, power skating, introductory to moves, spins and jumps.
 - b. **MVSA Jr Academy** is for skaters exploring testing, exhibitions, and local competitions.
 - c. **MVSA Sr Academy** is for skaters who are competing regionally and nationally as well as testing, exhibiting, and competing locally.

Who are your coaches?

MVIA hosts the area's most experienced figure skating coaches. Our coaches provide high-quality, exceptional one-on-one education for all levels of ice skating. Email our skating directors to get connected with a coach: mtnviewsa@gmail.com.

Not sure where to start?

Please reach out to the MVIA skating directors, Leslie Brooks Foppe & Shannon Damiano, for additional support in all your figure skating adventures: mtnviewsa@gmail.com.

What is the Academy (MVSA) website?

www.mtviewskatingacademy.com



Mountain View Skating Academy (MVSA) FAQs

What is the purpose of Mountain View Skating Academy?

The mission of Mountain View Skating Academy is to provide a safe, healthy program to train ice-skaters in all facets and levels of ice-skating. Our goal is to develop athleticism and a solid foundation of skills for the aspiring hockey player, the competitive figure skater, or simply the life-long recreational skater.

We desire to assist our community of skaters as they begin to develop a path in their ice-skating journey. This journey may lead them to additional Learn to Skate or Aspire programs; it may lead them directly to our rink's hockey programs; or lead them to the competitive world of figure skating with our connections to area coaches. There are many options for all levels and ages of ice-skaters at Mountain View Skating Academy.

Is Mountain View Skating Academy a USFS skating club?

No. Mountain View Skating Academy is a local program focused primarily on our ice skater's development in every aspect of ice skating.

What is the Academy (MVSA) website?

www.mtviewskatingacademy.com

Who are the MVSA Skating Directors?

Leslie Brooks Foppe & Shannon Damiano. Please contact them at mtviewsa@gmail.com.

Why should a skater join Aspire at Mountain View Skating Academy?

- For skaters in Basic 5 and above, you will take the next steps beyond Learn to Skate in a cost effective, group environment.
- Skaters will learn proper skill development and training techniques including edges, spins, and jumps.
- Skaters can sample different skating opportunities and fine-tune their fundamental skating skills.
- Skaters will learn to warm up like a champion, navigate freestyle sessions, and practice independently.

What program opportunities does Mountain View Skating Academy provide to the public?

Type of Skater	What is available?
Beginner Ice Skater	Learn to Skate group classes for the beginner to advanced skater. New classes begin throughout the year.
Learn to Skate Graduate	Aspire Skating group classes for students who have completed Learn to Skate Basic Level 5 and up. New classes begin throughout the year.
Figure Skater Looking to Compete	Our programs include Learn to Skate, Aspire, and connections with local coaches for private one-on-one lessons.
Hockey Player	Our programs include Learn to Skate, Aspire, and connections with our Learn to Play, local hockey programs, and private one-on-one coaching lessons.
Recreational/Adult Skater	Our programs include Learn to Skate, Aspire, and connections with local coaches for private one-on-one lessons.

How is the MVSA structured for each level of skater?

The MVSA offers skaters at the Learn-to-Skate Basic 5 level through Senior level (and adult) opportunities to further develop their skills in group and private lessons. Here's how:

1. **MVSA Aspire Program:** The Intermediate (hockey or figure) skater at the Learn-to-Skate Basic 5 Level and higher may join MVSA Aspire for cost-effective, small group lessons.
2. **MVSA Jr Academy:** Those who progress out of Aspire may join the MVSA Jr. Academy which consists of:
 - The **MVSA Pre-Competitive Development Program** which offers opportunities for intermediate skaters (Non-Test through Pre-Juvenile level) who want to further develop and test as well as skate at local competitions and exhibitions.
 - The **MVSA Competitive Development Program** which offers opportunities for more experienced skaters (Juvenile through Senior level) an avenue to further develop, test, and compete at regional, national as well as local competitions and exhibitions.
3. **MVSA Senior/Adult Program:** This program offers the adult skater opportunities to continue to grow their skating skills with other adults in the local area.

What is the Aspire Skating Program?

- Transition program for Learn to Skate Basic 5 Level and higher skaters of all ages.
- Weekly small group lessons (3 - 5 skaters) designed to transition Learn to Skate skaters to competitive figure skating, hockey, or long-term recreational skating.
- Weekly classes will include an on ice and off ice curriculum.
- U.S. Figure Skating endorsed a curriculum that will further build a skater's skills to make the most out of their ice-skating journey.

What types of Aspire group lessons do you hope to provide?

- Jump and Spin Fundamentals
- Introduction to Edges and Moves
- Ice Dance Basics
- Artistry on the Ice
- Speed Dynamics on the Ice
- Introduction to Testing and Competing with USFSA

After Aspire, what opportunities do you have for a skater?

After a skater graduates from the Aspire program, the MVSA recommends a skater take part in the MVSA Jr and Sr Academy which consist of:

MVSA Jr Academy:

- The **MVSA Pre-Competitive Development Program** which offers opportunities for intermediate skaters (Non-Test through Pre-Juvenile level) who want to further develop and test as well as skate at local competitions and exhibitions.
- The **MVSA Competitive Development Program** which offers opportunities for more experienced skaters (Juvenile through Senior level) an avenue to further develop, test, and compete at regional, national as well as local competitions and exhibitions.

MVSA Senior Academy & Adult Program: This program offers the adult skater opportunities to continue to grow their skating skills with other adults in the local area.

I need guidance to find a private coach or answer figure skating questions, who do I contact?

We recommend you contact our skating directors for additional support: mtviewsa@gmail.com.

