



## What's next after learn to skate....

### Hire

#### Hire private coach

- There are many reasons to hire a private coach, from supplementing group lessons to beginning to compete more seriously. When it's time to start private lessons, ask your skating director, Jenny Gwyn [jennyg@xicenter.com](mailto:jennyg@xicenter.com), for a list of coaches at the rink.

### Compete

#### Compete to show off what you've learned

- Freeskate/Pairs = Male and Female skaters compete programs featuring, spins, jumps and step sequences. Pairs includes overhead lifts, throw jumps and side by side jumps and spins.
- Ice Dance = Is based on the different aspects of dance, including rhythm, interpretation of the music and precise steps. No overhead lifts or jumps of more than one revolution are allowed.
- Synchronized Skating = 8-20 skaters perform intricate formations and transitions side by side on the ice.

### Test

#### Take US Figure Skating tests to progress through levels

- Moves in the Field, Freeskate, Pattern Dance, Free Dance, Pairs
- Club membership is required to take USFS tests.