## Ready for the next step?



## ACCELERATE BEYOND LEARN TO SKATE

Pre-Free Skate - USFS Preliminary



This program is designed to teach skating skills at a more advanced pace and to help the skater achieve the progression of the figure skating pyramid. The lessons will focus on jumps, spins, edges, footwork, ice dance, and artistry. With these skills the figure skater and families will be able to transfer from the basic skills program to the freestyle sessions comfortably and with knowledge of the how to follow USFS testing and competition guidelines.

Once in the freestyle sessions the skater will continue to develop skating skills and choreography and will continue to follow USFS figure Skating Pyramid including figure skate testing.

The coaches of Colonial Skating Club have been promoting skaters from beginner levels to the Regional and National Levels of figure skating for over sixty years. They have a vast knowledge of the programs and are committed to coaching skaters at all levels and helping them achieves their dreams of figure skating.



Learn more: RevolutionIceGardens.com/CAP