

# Bridge Program at Metro Ice Sports!



## Advance your skills.

Designed for Figure Skaters who have passed Basic 6 and above. Learn the fundamentals of Figure Skating, including moves in the field, jumps, spins, synchro, theater on ice, dance, and power skating in a formalized environment.

Register online at

[www.metroicesports.com/LearnToSkate](http://www.metroicesports.com/LearnToSkate)

## Free Skate

Each Free Skate level is divided into three sections: skating skills, spins and jumps. The levels are designed to give skaters a strong foundation and it is at this point the skater can choose to pursue a recreational or competitive approach to the sport of figure skating.

## Ice Dance

The prime components of ice dancing, such as basic edges and turns, come together for the ice dance badge program. Skating alone or with a partner to different music genres, skaters learn the first six dance patterns in the US Figure Skating test structure while embracing the beautiful stories that unfold on the ice.

## Theater On Ice

The core components of Theatre on Ice include choreography, skating movements and the camaraderie shared between skaters at the introductory level. Controlling skills and conquering elements will serve as the primary focus to achieve badges. The four themes for the curriculum are joy, body as an instrument, traveling through space and rhythm.

## Artistry In Motion

The basic principles and philosophies of choreography, presentation and performance take center stage for figure skaters in this creative program. Through basic body alignment, movement and line, the foundation will be set to fully train skaters to master their routines that earn high-fives today and standing ovations tomorrow.

## Includes the following...

### Sundays

**Sept. 10th - Oct. 15th, 2017 (3:00-4:00pm)**

Each session consists of a 30 minute lesson and a 30 minute practice. (no class on July 2nd)

### Tuesdays

**Sept. 5th - Oct. 10th, 2017 (4:30-5:30pm)**

Each session consists of a 45 minute practice. (no class on July 4th)

**Sept. 5th - Oct. 10th, 2017 (5:30-6:30pm)**

Each session consists of a 30 minute practice and a 30 minute group class.

Parent discussions about competitions, coaching, club membership and/or open topics included!

**Cost: \$145.00 + tax**

**Includes Learn to Skate USA Membership (\$16/year)**

## Synchronized Skating

This program is a fantastic way to introduce the team sport of synchronized skating to anyone participating in group lessons. Block, circle, line, wheel and intersection are the five elements, and each are performed with prescribed handholds. As skaters advance through the various levels, they will learn how to transition properly between elements using multiple holds.

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**SKATE**  
USA

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For more information, contact our Learn to Skate Director, Sarah Smith, at [LTS@MetroIceSports.com](mailto:LTS@MetroIceSports.com) or visit [www.metroicesports.com/LearnToSkate](http://www.metroicesports.com/LearnToSkate).