

Progressions of Figure Skating

- Learn to Skate – Start with our Tot or Basic Learn to skate program
 - Tot 1: Ages 3-5
 - Basic 1: Ages 6+

If skater is under 6 and passed Tot 1-3 they can go on to basic 2

In Learn to Skate your skater will travel through the Basic program (1-6) into the Pre Freestyle and Freestyle levels (1-6). Each level builds on the previous level skills while learning new skills.

The Mentor Ice Arena also offers **specialty classes** in our Learn to Skate Program as introductions to the US Figure Skating disciplines.

- **Little Diamonds Synchronized Skating Team** – Skaters must pass Tot 1 or Basic 1 to participate on this team. Little Diamonds is an introduction to Synchronized Skating. Your skater will learn to work in a team setting.
 - Synchronized Skating is a sport between eight and sixteen figure skaters perform together as a team. They move as a flowing unit at high speed over the ice, while completing complicated footwork.
- **Competition Class** - Your skater must pass Tot 1 or Basic 1 to participate in this class.
 - This class teaches skaters the basics of competing a freestyle program. They learn a program to music using skills that they have already mastered in their Learn to Skate Class.
 - In this class there is a chance to compete at a US Figure Skating Event in the Learn to Skate levels.
- **Moves in the Field Class** - The moves in the field class is designed as an introduction to US Figure Skating Moves in the Field Program. (Read more about Moves in the Field Below) Skaters should be in the Learn to Skate Freestyle levels to take this class
- **Ice Dance** This class is designed as an introduction to Ice Dance and working with a partner. It is recommended that your child takes the Moves in the Field Class and is in the higher Freestyle Learn to skate classes to take this class.

What is after Learn to Skate?

When your skater advances to the middle levels of Learn to Skate it is a great time to start working with a private coach who will become a great guide into the Figure Skating Club and United States Figure Skating Association.

As your child becomes a more skilled skater, they will most likely want to start competing in the sport. Your coach may use terms such as “moves in the field” or “pre-preliminary” and you have no idea what they are talking about. These terms refer to the test structure of U.S. Figure Skating, and it may seem confusing, but will soon be an integral part of your figure skating vocabulary. These tests are a part of the national standard that skaters are measured against in figure skating. They are more formal than the Basic Skills testing and are usually performed in front of a judge rather than just in front of the skater’s instructor.

US Figure Skating Tracks

US Figure Skating offers the following tracks

- Moves in the Field
- Free Skate (Freestyle)
- Pattern Dance or Solo Pattern Dance
- Free Dance or Solo Free Dance
- Pairs

Moves in the field- is a name given to elements of figure skating that emphasize basic skating skills and edge control. Your skater will learn basic moves in Learn to Skate and build on them over time to start working on moves tests. Moves tests will be taken in front of judges upon recommendation of your private coach. We recommend starting to work on the first moves test when your skater gets into the freestyle levels of Learn to Skate.

- Moves tests are the first set of tests taken in front of judges once one graduates from Learn to Skate.
- A skater must pass moves tests higher than their freestyle level to progress through the US Figure Skating system.

Freestyle – is a combination of edgework jumps and spins. Your skater will start working on these during the basic and freestyle levels in learn to skate.

- Freestyle tests are taken after a skater passes their first moves test.
- Moves tests must be higher than freestyle tests in order to test freestyle

Moves in the field/ Freestyle Levels

Pre Preliminary

Preliminary

Pre-Juvenile

Juvenile

Intermediate

Novice

Junior

Senior

Other specialties in US Figure Skating

Dance: A discipline in Figure Skating traditionally skated with a partner. a form of choreographed figure skating influenced by ballroom dancing, typically performed by a man and a woman competing as a team.

Synchronized Skating: is a sport between eight and sixteen figure skaters perform together as a team. They move as a flowing unit at high speed over the ice, while completing complicated footwork.

Pairs: the skating of two persons in unison who perform their movements in such harmony with each other as to give the impression of genuine Pair Skating as compared with independent Single Skating