

**BEGINNERS GUIDE TO FIGURE SKATING - LEARN TO SKATE - SYNCHRONIZED SKATING - FREESTYLE**



**BEGINNERS  
GUIDE  
TO  
FIGURE SKATING**



**FREESTYLE - SYNCHRONIZED SKATING - LEARN TO SKATE - ICE DANCE - PAIRS - SKILLS - JUMPS - SPINNING**



**MENTOR  
ICE ARENA**  
INFO LINE: (440) 974-5730 www.mentoricearena.com  
8600 Munson Rd, Mentor, OH 44060  /mentoricearena



# Welcome

Start Here

# Learn to Skate

Mentor Ice Arena is delighted to invite skaters of all ages to embark on a graceful journey through the enchanting world of figure skating. Our comprehensive Learn to Skate program serves as the starting point for skaters as young as 3, introducing them to the fundamentals of skating before blossoming into the exquisite artistry of figure skating

Embark on the enchanting journey of figure skating with Learn to Skate, where every skater, from tots taking their first steps to older enthusiasts seeking a new passion, is welcomed with open arms. As the gateway to this captivating world, Learn to Skate offers foundational classes that nurture motor skills and fundamental techniques. Guided by experienced instructors, skaters progress seamlessly, exploring personalized guidance through private lessons and specialized classes. Whether your dream is to chase a spot on Team USA or simply revel in the joy of a beloved sport, Learn to Skate is here to turn your skating aspirations into reality. Lace up your skates, embrace the ice, and let your personal skating journey unfold with us today!

## Learn to Glide: Our Learn to Skate Program

Begin your figure skating adventure with our Learn to Skate program, thoughtfully crafted to cater to aspiring figure skaters starting at the age of 3. Under the guidance of our skilled coaches, skaters develop a strong foundation in basic skating techniques, paving the way for the elegant moves and intricate routines that define figure skating.

## Progressive Journey

As skaters gain confidence on the ice, they seamlessly transition into our specialized figure skating programs. Our commitment is to foster the growth of each skater, guiding them through the progressive stages of development. From early learnings to mastering advanced techniques, Mentor Ice Arena is dedicated to nurturing a lifelong love for the artistry of figure skating.

## Figure Skating for All Ages

Our dedication to inclusivity shines through our figure skating programs, open to individuals aged three through adulthood. Whether you're a young dreamer aspiring to twirl under the spotlight or an adult rediscovering the joy of gliding on the ice, Mentor Ice Arena welcomes figure skaters of all ages and skill levels.

## Why Choose Mentor Ice Arena

- Expert coaching staff with a passion for artistic expression on ice
  - World-class facilities tailored for figure skaters
- A supportive community that celebrates the elegance of figure skating.

Join us at Mentor Ice Arena, where every glide on the ice tells a story, and each twirl is a step towards unlocking the magic of figure skating. Lace up your skates, embrace the beauty of movement, and let your figure skating dreams take flight!

**Tot Levels** (Ages 3-5): Tot 1, Tot 2, Tot 3



**Basic Levels** (Ages 6-12 or passed Tot 3): Basic 1, Basic 2,

Basic 3, Basic 4, Basic 5, Basic 6

**Teen & Adult:** Ages 12 +

**Advanced Levels:**

Aspire 1 (Must have passed Basic 6)

Aspire 2 (Must have passed Aspire 1)



## Learn to Skate USA Membership



All skaters must acquire a Learn to Skate USA membership, providing access to a standardized curriculum for mastering ice skating basics. The curriculum, tailored for preschoolers, kids, adults, and skaters with disabilities, ensures a comprehensive learning experience. Once the fundamentals are mastered, skaters can explore specific disciplines and specialty classes. Memberships offer benefits such as a mobile app for progress tracking, instruction from certified instructors, and access to a wealth of skating programs and educational resources. Additional perks include a welcome packet, secondary sports accident insurance, and participation opportunities in classes, performances, competitions, and Learn to Skate USA activities. Memberships are valid from July 1 to June 30.

## Specialty Classes:

**Competition Class (Must pass Tot 1 or Basic 1):** Skaters learn a program to music and have the opportunity to compete at local competitions.

**Synchronized Skating Class (Must pass Tot 1 or Basic 1):** Focuses on the fundamentals of synchronized skating.

**Inspire Synchronized Skating Team:** Skaters progress further into synchronized skating and have the chance to travel to local events.

## Beyond Learn to Skate

Congratulations on completing the Learn to Skate curriculum! Having journeyed through the fundamentals, you've likely encountered the concept of private lessons. Now, it's time to delve into the world of personalized coaching. Your private coach will be your dedicated guide, navigating you through the intricacies of the Mentor Figure Skating Club, US Figure Skating tests, disciplines, and the structure of competitions. This is your opportunity to refine your skills, set new goals, and elevate your figure skating journey to new heights. Get ready to embrace the challenges and achievements that come with skating!

## Testing

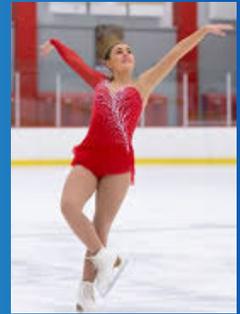
U.S. Figure Skating tests are a gateway to competitions and personal achievements. Skaters showcase their skills before a panel of officials during test sessions, aiming to progress to the next level. While competitive skaters are required to participate in the U.S. Figure Skating test structure for competition eligibility, all skaters can opt to take tests to continually challenge themselves and enhance their skating abilities. Tests cover various areas such as skating skills, singles, pairs, and ice dance, with a separate track available for adults aged 21 and older. As skaters advance, the tests become more challenging, making each successful test a significant cause for celebration. Achieving success in the final test of each pathway earns them the prestigious title of U.S. Figure Skating Gold Medalist.

# Disciplines



Competitive figure skating comprises five distinct disciplines: men's singles, women's singles, pairs, ice dancing, and synchronized skating. Within each discipline, there are various levels for competition and testing. These levels progressively build on similar techniques and follow specific rules and guidelines unique to each level. Skaters have the flexibility to participate in multiple disciplines, allowing them to test and compete across a range of events.

Singles events require form, style, technique, concentration, and handling pressure. Competitions feature a short program and a free skate, showcasing elegance, athleticism, and talent. The short program focuses on required elements for high scores, while the free skate allows more elements, with the overall score combining both programs.



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Synchronized skating is a team sport with 8-20 skaters performing in unison. It follows the same judging system as other disciplines, featuring a short program and a free skate. Elements include blocks, circles, wheels, lines, intersections, spins, and more. Despite not being an Olympic sport, synchronized skating is popular worldwide and the fastest-growing figure skating discipline.

Ice dance involves a male-female team performing dance patterns, step sequences, and maneuvers, emphasizing interpretation of music. The competition includes a rhythm dance and a free dance. Rhythm dance features required elements, while the free dance allows creative expression to a chosen music, with scores combined to determine overall placement.



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Pairs skating combines athleticism, acrobatics, and precision. Short and free skate segments feature required elements, determining the winner. The short program includes lifts, jumps, and step sequences, while the free skate showcases technical skills and choreography, captivating with shadow and mirror skating.



# Frequently asked Questions

## How do I get my skater into private lessons?

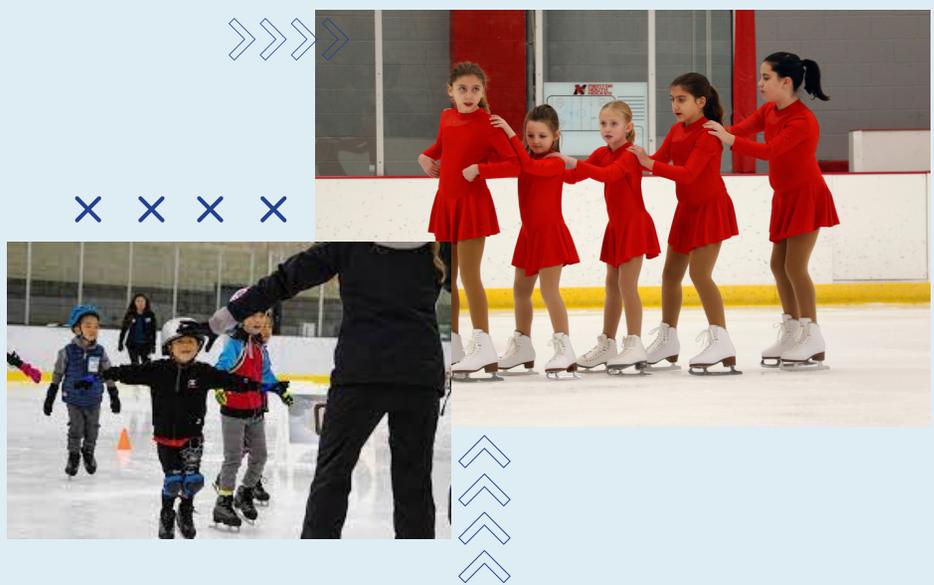
Starting private lessons is a fantastic way to enhance your skater's journey. If your skater already has a coach they enjoy working with during their Learn to Skate classes, feel free to approach the coach directly and inquire about private lessons. Coaches are usually open to discussing and arranging lessons. If your skater is unsure about which coach to choose or has specific preferences, you can reach out to the arena for guidance. The arena staff is there to assist and can provide recommendations based on your skater's needs and goals.

## What is the Figure Skating Club?

The figure skating club operates independently within the arena, with its own ice rental arrangements. Affiliated with US Figure Skating, it caters to dedicated skaters progressing beyond Learn to Skate levels. The club secures ice time at a more affordable rate through the city, making it advantageous for skaters advancing to higher levels. It offers a supportive community and resources for those considering private lessons and aspiring to skate beyond the introductory stages.

## What is the difference between Freestyle City ice and Club ice?

The primary difference between club ice and freestyle ice lies in their management and accessibility. Freestyle ice refers to private lesson time provided by the city. It doesn't require club membership but necessitates having a private coach. To access freestyle ice, you can register through the city by logging into your online account, calling the arena during business hours, or paying at the front desk before skating. On the other hand, the figure skating club offers additional ice time through its membership. This ice time is independent of the city's offerings and is managed by the club itself. For more information about club ice and its benefits, please feel free to contact the Mentor Figure Skating Club directly. They can provide details about membership advantages, additional ice time opportunities, and any other inquiries you may have regarding their offerings.



# Resources

Skaters Edge - **Skate sharpening and skate fitting**  
(440) 995-3343  
5648 Mayfield Rd. Lyndhurst, OH 44124

- LEARN TO SKATE USA** [www.learntoskateusa.com](http://www.learntoskateusa.com)
- US FIGURE SKATING** [www.usfigureskating.org](http://www.usfigureskating.org)
- MENTOR FIGURE SKATING CLUB** [www.mentorfsc.org](http://www.mentorfsc.org)
- INTENSITY SYNCHRONIZED SKATING** [www.intensitysynchro.com](http://www.intensitysynchro.com)



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