

Yale Figure Skating Club, 2004–2005

Subject to change! For schedule updates or in bad weather, check voice mail at 432–1233 or web page at <http://www.yale.edu/yfsc/>.

Saturday Sessions

| Date | Practice Ice | Basic Skills |
|--------|--------------|------------------------|
| | | Basic 1–8 Adult 1–4 |
| Sep 25 | 7:30–9:00a | 9:10–10:20a |
| Oct 2 | 7:30–9:00a | 9:10–10:20a |
| 9 | 7:30–9:00a | 9:10–10:20a |
| 16 | 7:30–9:00a | 9:10–10:20a |
| 23 | 7:30–9:00a | 9:10–10:20a |
| 30 | 7:30–9:00a | 9:10–10:20a |
| Nov 6 | 7:30–9:00a | 9:10–10:20a |
| 13 | 7:30–9:00a | 9:10–10:20a |
| 20 | 7:30–9:00a | 9:10–10:20a |
| 27 | 7:30–9:00a | 9:10–10:20a |
| Dec 4 | 7:30–9:00a | 9:10–10:20a |
| 11 | 7:30–9:00a | 9:10–10:20a |
| 18 | 7:30–9:00a | 9:10–10:20a |
| 25 | — | — |
| Jan 1 | — | — |
| 8 | 7:30–9:00a | 9:10–10:20a |
| 15 | 7:30–9:00a | 9:10–10:20a |
| 22 | 7:30–9:00a | 9:10–10:20a |
| 29 | 7:30–9:00a | 9:10–10:20a |
| Feb 5 | 7:30–9:00a | 9:10–10:20a |
| 12 | 7:30–9:00a | 9:10–10:20a |
| 19 | 7:30–9:00a | 9:10–10:20a |
| 26 | 7:30–9:00a | 9:10–10:20a |
| Mar 5 | 7:30–9:00a | 9:10–10:20a |
| 12 | — | — |
| 19 | 7:30–9:00a | 9:10–10:20a |
| 26 | 7:30–9:00a | 9:10–10:20a |
| Apr 2 | 7:30–9:00a | 9:10–10:20a |
| 9 | 7:30–9:00a | 9:10–10:20a |
| 16 | TBA | |
| 23 | TBA | |

Sunday Sessions

| Date | Basic Skills A | Basic Skills B | Freestyle | Moves | Dance |
|--------|------------------------|--|-------------|-------------|-------------|
| | Basic 3–8 Adult 2–4 | Basic 1–3 Adult 1–2 Snowplow Sam Hockey | | | |
| Sep 26 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| Oct 3 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 10 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 17 | 10:30–11:40a | 11:50–1:00p | — | — | — |
| 24 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 31 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| Nov 7 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 14 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 21 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 28 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| Dec 5 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 12 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 19 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 26 | BS Party, 10:30a–1:00p | | — | — | — |
| Jan 2 | — | — | — | — | — |
| 9 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 16 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 23 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 30 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| Feb 6 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 13 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 20 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 27 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| Mar 6 | 10:30–11:40a | 11:50–1:00p | — | — | — |
| 13 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p* | 6:00–6:50p* | 7:00–8:30p* |
| 20 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 27 | — | — | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| Apr 3 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 10 | 10:30–11:40a | 11:50–1:00p | 5:00–6:00p | 6:00–6:50p | 7:00–8:30p |
| 17 | TBA | | TBA | | |
| 24 | TBA | | TBA | | |

*Mar. 13 evening contingent on ice availability. Please check voice mail or web page.

The USFS Basic Eights Program:

Basic 1

- A Sit on ice and stand up
- B March forward across the ice
- C Forward two foot glide
- D Dip
- E Forward swizzles — 6–8 in a row
- F Backward wiggles — 6–8 in a row
- G Snowplow stop
- H Rocking Horse — two or three
- I Two foot hop in place (optional)

Basic 2

- A Forward one foot glides — right and left
- B Backward two foot glide
- C Backward swizzles — 6–8 in a row
- D Two foot turn from forward to backward in place
- E Moving snowplow stop
- F Forward alternative 1/2 swizzle pumps, in a straight line (slalom like pattern)

Basic 3

- A Forward stroking showing correct use of blade
- B Forward 1/2 swizzle pumps on a circle, 6–8 consecutive, both directions
- C Moving forward to backward two foot turn, clockwise and counter clockwise
- D Backward one foot glides — right and left
- E Forward Slalom
- F Two foot spin — up to 2 revolutions

Basic 4

- A Forward outside edge on a circle — right and left
- B Forward inside edge on a circle — right and left
- C Forward crossovers, clockwise and counter clockwise
- D Forward outside three-turn — right and left — from a stand still position
- E Backward swizzle pumps on a circle, clockwise and counter clockwise
- F Backward Stroking
- G Backward snowplow stop — right and left

Basic 5

- A Backward outside edge on a circle — right and left
- B Backward inside edge on a circle — right and left
- C Backward crossovers, clockwise and counter clockwise

- D Beginning one foot spin — min. 3 revolutions, option entry and free foot position
- E Hockey Stop
- F Side toe hop — both directions

Basic 6

- A Forward inside three-turn — right and left — from a stand still position.
- B Moving backward to forward two foot turn on a circle, both directions
- C T-stop — right or left
- D Bunny hop
- E Forward arabesque/spiral on a straight line, right or left
- F Forward lunge, right or left

Basic 7

- A Forward inside open Mohawk from a stand still position — R to L and L to R
- B Backward outside edge to forward outside edge, transition on a circle — R and L
- C Ballet jump — right or left
- D Backward crossovers to a backward outside edge glide (landing position), clockwise and counter clockwise
- E Forward inside pivots — right and left

Basic 8

- A Moving forward outside three-turn on a circle — right and left
- B Moving forward inside three-turn on a circle — right and left
- C Combination move: Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge — repeat three times, clockwise and counter clockwise
- D One foot upright spin — optional entry & free foot position
- E Waltz jump
- F Mazurka — right or left

The USFS Basic Skills ADULT Program:

Adult 1

- A Falling and recovery
- B Forward strides and gliding
- C Forward swizzles — 4–6 in a row
- D Backward skating

- E Backward swizzles — 4–6 in a row
- F Forward one foot glides, one time skater's height, R&L
- G Two foot turns, in place
- H Snowplow stops, R or L
- I Forward curves on two feet
- J Forward 1/2 swizzle pumps on a circle — 6–8 consecutive, both directions
- K Forward Chasses on a circle

Adult 2

- A Forward stroking
- B Backward 1/2 Swizzle pumps on a circle — 6–8 consecutive, both directions
- C Moving two foot turns on a curve, both directions
- D Forward edges on a circle, outside and inside, clockwise and counter clockwise
- E Forward crossovers, clockwise and counter clockwise
- F Backward one foot glide, R or L — one time skater's height
- G Backward snowplow stop — R or L
- H Forward inside pivots — R and L

Adult 3

- A Backward edges on a circle, outside and inside, clockwise and counter clockwise
- B Backward crossovers, clockwise and counter clockwise
- C Inside Mohawk, either direction
- D Basic forward outside and forward inside consecutive edges (4–6)
- E Forward progressives — 4 continuous on a circle, both directions
- F Footwork: Beginning with a two foot swizzle, to a forward progressive, followed by a forward Chasse, ending with a two foot side lunge around in a small circle
- G Beginning two foot spin

Adult 4

- A Forward three turns, outside and inside, R & L
- B Perimeter stroking with crossover end patterns
- C Forward Outside to Inside Change of Edge Sequence
- D Alternate backward crossovers with two foot transition
- E Footwork sequence: 3–5 forward crossovers to an inside Mohawk, 3–5 backward crossovers, step forward inside the circle and repeat
- F Power three turns, one direction only
- G Backward Chasses on a circle, clockwise and counter clockwise