



FREESTYLE STARTER GUIDE

New to freestyle sessions? Follow these steps for successful and safe training.

1. Choose the right session for your level.

OPEN

IDEAL FOR BEGINNERS

OPEN Freestyles are appropriate for **beginners** and are open to all skaters who are able to skate independently and observe the rules of freestyle.

- Youth must have passed Cuttlefish 2 or Bigfin 1
- Adults must have passed Deep Sea 1

ASPIRE

FOR EXPERIENCED
FIGURE SKATERS

ASPIRE Freestyles are appropriate for skaters with solid skating skills who are **training in the figure skating discipline**. Beginners moving into the discipline may skate on an Aspire session when they are in a lesson with a coach.

- Youth must be in Aspire 1 or higher
- Adults must be in Freeskate 1 or higher

COLLEGIATE/ ADULT

FOR ADULTS

COLLEGIATE/ADULT Freestyles are appropriate for **skaters 18 or older** who are training in the figure skating discipline.

- Collegiate skaters must be a current USFS Collegiate skater
- Adult skaters must be in Pre-Freeskate or higher

COMPETITIVE

FOR HIGH-LEVEL
SKATERS

COMPETITIVE Freestyles are for skaters already **training, testing or competing at a high level**. Pre-approval and verification of USFS test history may be required to sign up for these sessions.

- Youth must have passed Pre-Bronze Skating Skills
- Adults must have passed Adult Gold Singles

2.

Register and pay for your ice time.



You must be a member of our figure skating club to register for Freestyle. Talk to your coach or the front desk to determine the right level of membership based on your skating level and goals. Annual memberships start at \$25.

Freestyle ice is scheduled and purchased in 30-minute or 60-minute sessions.

Book your session in Dash or go to the front desk to reserve your ice time, then check in for your session at the front desk when you arrive. **Ice time payment is separate from private coaching fees.**

You can pay for your sessions in 3 ways:

- **DROP-IN 30 MIN: \$11.25 | 60 MIN: \$17.75**

Pay **drop-in rate** for individual sessions.

In Dash: Go to the Register tab, find the Freestyle Drop-ins category then select 30- or 60-minute sessions of the appropriate level.

- **PUNCH CARDS 30 MIN: \$10.50 | 60 MIN: \$17.00**

Purchase **10-pack punch cards** for discounted rates on drop-in sessions.

In Dash: Find punch cards in the Player Passes tab and select 30- or 60-minute passes.

- **CLUB PRE-PAID 30 MIN: \$9.50 | 60 MIN: \$14.50**

If you have recurring lessons or train on a consistent schedule, you can reserve weekly ice sessions for the season at the greatest discount with our **Club Pre-Paid Ice**.

In Dash: Find times via the Register tab, in the Figure Skating Club Programming category.

For information about current availability and schedules, visit our website.



If you are working with a private skating coach, they will help you select the right session for your level when you schedule with them. Coaches may also choose to host beginner lessons on public skate sessions.

3. Observe the rules of the session for everyone's safety.

When you are on a freestyle session, you are training as an athlete. Your behavior should reflect your commitment to the sport and respect for your own and others' safety.

No headphones, filming, or smartphone use on the ice.

Coaches may sometimes use small portable speakers to work with skaters on choreography, or may film their skater for video review or testing purposes.

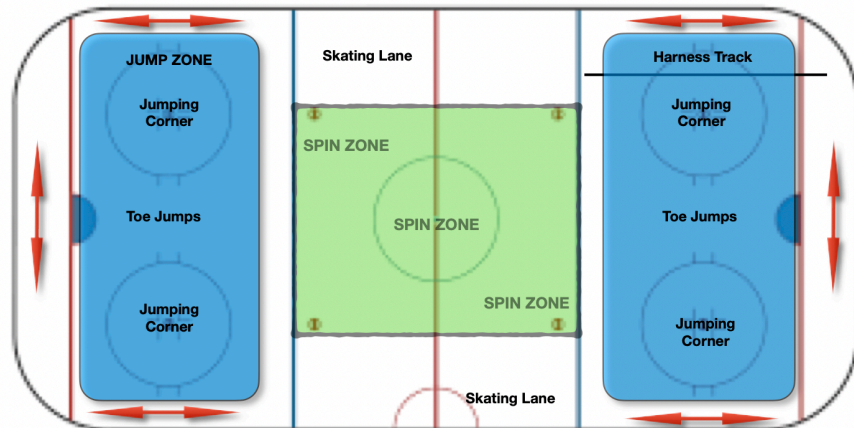
Skate safely and use the expected areas of the ice.

In order to avoid collisions while skaters work on skills requiring different speeds and patterns, freestyle sessions require skaters to stay aware of each other and practice certain skills in known areas. Conventions of freestyle traffic include:

Skate counterclockwise around the outer perimeter.

If you are talking with your coach or otherwise **standing still, stay close to the boards.**

Practice jumps at the ends of the rink and spins in the middle. After completing a jump/spin, **promptly merge back** into the flow of traffic around the rink, or skate to your coach at the boards. Use the following map as a guide:



Observe the right of way.

When paths cross, yield according to the following priority:

1. A skater in the middle of a **spin**.
2. A skater performing their **program** to overhead music. They should be wearing a bright belt or vest so they are identifiable.
3. A skater traveling in the conventional counterclockwise traffic pattern on the **perimeter**.

Skaters are responsible for avoiding collisions when deviating from conventional skating patterns or skill-practice areas.



Please review the KSA Session Rules and Policies and the KSA Right of Way Protocols in their entirety before skating your first freestyle session.



*Welcome to Kraken Skating Academy Freestyle!
We are honored to be a part of your skating journey.*