

## **TCFSC Bridge Program**

The Tri-Cities Figure Skating Club (TCFSC) Bridge program is designed to teach Basic 5– Freeskate 1 skaters movements and skating skills at a pace that is faster than is offered in the Learn To Skate program. Classes will be taught in a group environment by professional coaches approved by the Tri-Cities Figure Skating Club. The Bridge program will also introduce new members to the benefits of becoming TCFSC members.

### **TCFSC Bridge Program On-ice Classes**

**Mondays: 6:15-6:45pm**

**Two class levels:** Basic 5-7 and Basic 8 – Freeskate 1

#### **Basic 5-7**

Classes will focus on: 3 turns / backward crossovers/ Mohawks/ one foot spins/spirals/ bunny hops /lunges/ t-stops/pivots/ backward edges/ side-toe hops and much more.

#### **Basic 8-Freeskate 1**

Classes will focus on: Advanced forward stroking/ consecutive edges / Waltz jumps / mazurkas/ scratch spins/ moving three turns/ half flips/ stroking technique and much more.

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Freeskate 2 or higher skaters may join the TCFSC as full members and take higher level classes.

### **TCFSC sponsored Intermediate Level On-ice Classes**

(for Freeskate 2 through Pre-Preliminary levels)

**Wednesdays: 6:00-6:30pm**

Classes will focus on:

#### **Spin technique:**

- Preparation and entrances into spins
- Learning a variety of spins and fun spin positions
- 'Change foot' and combination spins

#### **Jumps:**

- Jump technique and rhythm
- Control, balance, and landing positions
- Jump consistency

#### **Introductory Moves-In-The-Field:**

- Edge control and body alignment
- Flow and effortless glide, cleanliness and surity of deep edges
- Balance, rhythmic knee action, and precision of foot placement

#### **Footwork & Stroking:**

- Learning a variety of different footwork patterns
- Fancy steps & turns which will help skaters become more skillful
- Ability to change directions without losing the speed
- Skating technique and ability to generate maximum speed