Figure Skating on Public Skate Sessions

Having a coach with you while practicing any jumps and/or spins from USFS levels Freeskate 1-6 is required. Single jumps only (No axels or higher elements allowed). Elements up to pre-freekskate (Historically called Basic 7 & 8) may be performed without a coach. Absolutely no skating elements where the free foot is higher than the skating knee (Example: Spirals, camel spins, etc). All figure skating element practice must be done inside of the coned off area in the middle of the rink. Solo skaters only, no pairs or synchro practice.