



## WHAT IS ASPIRE?

The U.S. FIGURE SKATING ASPIRE PROGRAM helps beginning figure skaters make the transition from learn to skate group classes into U.S. Figure Skating membership. Designed to go hand-in-hand with U.S. Figure Skating introductory membership, Aspire is intended to boost member retention, keep skaters on the ice and teach young athletes and their families what it means to be a figure skater. The safe, supportive group training environment keeps costs down and motivation high as skaters acquire new skills, develop good practice habits and learn the fundamentals of off-ice training alongside their peers.

## CFSC Curriculum



- Intro to Theatre On Ice
- Intro to Artistry in Motion
- Intro to Ice Dance • Intro to Synchro
  - Interpretive skating
    - Power skating
    - Moves in the field
    - Freestyle elements
- Jumping patterns/navigating freestyle sessions
- Testing and competitive pipeline
  - Competition readiness
- Off-ice class
- Introduction to judging systems