

# BRONZE FREESTYLE

## Class & Test Requirements

Sat 9:00AM-9:30AM

<input type="checkbox"/> #1 Freestyle Test	<input type="checkbox"/> #2 Freestyle Test
<input type="checkbox"/> Two Foot Hop	<input type="checkbox"/> Waltz Jump
<input type="checkbox"/> 1 Foot Spin	<input type="checkbox"/> 1/2 Flip
<input type="checkbox"/> Forward Footwork	<input type="checkbox"/> 1/2 Toe Loop
<input type="checkbox"/> Bunny Hop	<input type="checkbox"/> Heel/Toe Spin
<input type="checkbox"/> 1/2 Rev Jump	<input type="checkbox"/> IB Upright
<input type="checkbox"/> 2 Foot Spin	<input type="checkbox"/> Backward Footwork
<input type="checkbox"/> #3 Freestyle Test	<input type="checkbox"/> #4 Freestyle Test
<input type="checkbox"/> Waltz/Toe Loop	<input type="checkbox"/> Salchow/Toe Loop
<input type="checkbox"/> Toe Loop	<input type="checkbox"/> Flip
<input type="checkbox"/> Salchow	<input type="checkbox"/> Loop
<input type="checkbox"/> IB/IF Upright	<input type="checkbox"/> OF Upright or OF Sit
<input type="checkbox"/> OF or OB Upright	<input type="checkbox"/> OB Upright or OB Sit
<input type="checkbox"/> Straight Line Foot Work	<input type="checkbox"/> IB Sit
	<input type="checkbox"/> Diagonal Footwork

## LOOKING FOR EXTRA PRACTICE TIME?

Join the Kids Skate Free Club and receive 2 FREE Passes each week for Ages 12 & Under.



## HOW TO GET STARTED?

Visit us at [www.skatenfunzone.com](http://www.skatenfunzone.com) and click **Learn How to Skate**, then click on **Group Classes (All Ages)**. From there you can choose to purchase a pass which will be redeemable everytime you visit on **Saturday at 10:30AM**. Please check on our calendar or website to ensure there are classes being held on the Saturday you are attending. You can also **register by using the QR Code below**.

### Purchase Passes



### View Schedule



## Want One on One Training...

Visit us at [www.skatenfunzone.com](http://www.skatenfunzone.com) to learn more about private lessons.

## Class Benefits

- \*10% OFF all regular priced SNFZ Pro Shop Items.
- \*Skate Rental is included.
- \*Public Skating Session subsequent to classes included with the class.



# LEARN TO ROLLER SK8

Why walk when you can roll?



Have Your Own Roller Skating Adventure!

## SUPER SKATER CLASS

Group Class For All Ages

**SATURDAY 10:30AM - 11AM**

Skate Rental & Session 11AM - 10PM Included

Skater's Name

7878 Sudley Rd. Manassas, VA 20109 | (703) 361-7465  
[www.skatenfunzone.com](http://www.skatenfunzone.com)

## MERIT Class Goals

You must complete the Merit Class before advancing. Repetition may be required.

<input checked="" type="checkbox"/>	Sat 10:30AM -11:00AM	Instructor Initial & Date
<input type="checkbox"/>	How to Get Up	
<input type="checkbox"/>	Basic Balance (Toes Straight Ahead)	
<input type="checkbox"/>	Marching	
<input type="checkbox"/>	Two Foot Glide	
<input type="checkbox"/>	Stopping	
<input type="checkbox"/>	Scissors	
<input type="checkbox"/>	Two Foot Squat	

## SUPER SKATER 1 Class Goals

<input checked="" type="checkbox"/>	Sat 10:30AM -11:00AM	Instructor Initial & Date
<input type="checkbox"/>	Week 2: Forward Slalom	
<input type="checkbox"/>	Week 2: One Foot Balance	
<input type="checkbox"/>	Week 3: Backward Scissors	
<input type="checkbox"/>	Week 3:- Backward Toe Stop	

☐ **Week 4: Review & Take Super Skater 1 Test**



After Completion of Super Skater 1 Class, you **MAY BE ELIGIBLE** for the Super Skater 1 Test. See Instructors on how you can take this test to receive your No. 1 Super Skater Pin.

*Instructor's Signature & Date*

## SUPER SKATER 2 Class Goals

<input checked="" type="checkbox"/>	Sat 10:00AM -10:30AM	Instructor Initial & Date
<input type="checkbox"/>	Week 1: Forward Stroking	
<input type="checkbox"/>	Week 1: Forward Outside & Inside Edges	
<input type="checkbox"/>	Week 1 & 2: Forward Crossovers	
<input type="checkbox"/>	Week 1: T-Start/T-Stop	
<input type="checkbox"/>	Week 2: C-Turn	
<input type="checkbox"/>	Week 2: One Foot Backwards Roll	
<input type="checkbox"/>	Week 3: 2ft Jump (No Rotation)	
<input type="checkbox"/>	Week 3: Shoot the Duck	

☐ **Week 4: Review & Take Super Skater 2 Test**



After Completion of Super Skater 2, you **MAY BE ELIGIBLE** for the Super Skater 2 Test. See Instructors on how you can take this test to receive your No. 2 Super Skater Pins.

*Instructor's Signature & Date*

## SUPER SKATER 3 Class Goals

<input checked="" type="checkbox"/>	Sat 9:30AM-10:00AM	Instructor Initial & Date
<input type="checkbox"/>	Week 1: Backward Stroking	
<input type="checkbox"/>	Week 1: Backward Crosspulls	
<input type="checkbox"/>	Week 1: Backward Outside & Inside Edges	
<input type="checkbox"/>	Week 2: Forward Cross Behinds	
<input type="checkbox"/>	Week 2: Two Foot Jump (1/2 Revolution)	
<input type="checkbox"/>	Week 2: One Foot Turn	
<input type="checkbox"/>	Week 3: Backward Slalom	
<input type="checkbox"/>	Week 3: Two Foot Spin	
<input type="checkbox"/>	Week 3: Forward Cross Rolls	

☐ **Week 4: Review & Take Super Skater 3 Test**

After Completion of Super Skater 3, you **MAY BE ELIGIBLE** for the Super Skater 3 Test. See Instructors on moving to Bronze Class

**Once you have completed Super Skater 3, we will then focus on Bronze Level Achievement Testing with a focus on Freestyle.**