

## Comprehensive Session Definitions

### Level Definitions:

- Low Free Style skaters (Primary Free Style/Moves)
  - Less than Novice Moves
  - OR
  - Less than Adult Gold Moves
- High Free Style skaters (Primary Free Style/Moves)
  - Passed at least Intermediate Moves
  - OR
  - Passed at least Adult Gold Moves
- Solo or Pair Free Dance
  - Must have passed Preliminary Dances to practice this discipline at PSC

### Session Definitions:

- Low Free Style -
  - Only Low Free Style skaters can practice/have lessons:
    - Free Style
    - Moves
    - Pairs
    - Solo Free Dance (Primary FS skaters only)
  - No Dance or Pair Free Dance Practice
  - No Dance or Pair Free Dance Lessons
  - No lessons for High skaters
- High Free Style –
  - Only High Free Style skaters can practice/have lessons:
    - Free Style
    - Moves (all Junior and Senior are OK)
    - Pairs
    - Solo Free Dance (Primary FS skaters only)
  - No Dance or Pair Free Dance Practice or Lessons
  - No lessons for Low skaters
- Free Style –
  - Low and High Free Style skaters can practice/have lessons:
    - Free Style
    - Moves – no Junior Restricted\*\*/Senior Moves
    - Pairs – Juvenile and under
    - Solo Free Dance (Primary FS skaters only)
  - No Dance or Pair Free Dance Practice or Lessons
  - Primary Dancers can have Moves Lessons (no Junior Restricted\*\*/Senior) but no practicing
- Free Style Plus –
  - Low and High Free Style skaters can practice/have lessons:
    - Free Style
    - Moves (all Junior and Senior are OK)
    - Pairs – Juvenile and under
    - Solo Free Dance (Primary FS skaters only)
  - No Dance or Pair Free Dance Practice or Lessons
  - Primary Dancers can have Moves Lessons but no practicing

- Dance Practice –
  - Primary Dancers can practice/have lessons:
    - Dance
    - Pair Free Dance
    - Solo Free Dance
    - Moves (no Junior/Senior)
      - Exceptions but Dancers have the right-of-way
        - Mon 9 -10 where all Junior/Senior Moves can be taught
        - Thurs 9 - 10 where all Junior/Senior Moves can be taught
  - Primary Free Style/Moves skaters can have Moves lessons only (no Junior/Senior) but no practicing
    - Exceptions but Dancers have the right-of-way
      - Mon 9 -10 where Junior/Senior Moves can be taught
      - Thurs 9 - 10 where Junior/Senior Moves can be taught
      - Thurs - Solo Free Dance can be taught/practiced
    - No Free Style Practice or Lessons
- Free Style/Dance Practice
  - All skaters can practice any Free Style, Moves (no Junior Restricted\*\*/Senior), Pairs (Sunday only) , Dance and Free Dance (Solo or Pairs)
    - exception
      - Sunday 8 – 8:45 – all Junior and Senior Moves can be practiced/taught
  - All lessons except Junior Restricted\*\*/Senior Moves
    - exception
      - Sunday 8 – 8:45 - all Junior and Senior Moves can be practiced/taught
- No warming up or stroking on any session if don't belong on the session even if having next lesson

\*\* Junior Restricted Moves are moves #3 (Power Pulls) and #4 (Choctaw Sequence). Junior Restricted Moves can only be taught/practiced on High Free Style, Free Style Plus and Sunday 8 – 8:45 pm. Can also be taught on Mon 9 – 10 and Thurs 9 – 10.

Junior Unrestricted Moves are #1 (Forward and backward outside rockers), #2 (Forward and backward inside rockers), #5 (Backward loop pattern) and #6 (Straight line step sequence). Junior Unrestricted Moves can be practiced/taught on Free Style, High Free Style, Free Style Plus and Sunday 8 – 8:45 pm.