

U.S. Figure Skating's Adult Skating Program

For a Lifelong On-Ice Love of Skating

Once viewed as sport for the young, figure skating has gained significant popularity with adults nationwide. This is evident in an increase in the number of adults taking part in various recreational, social and competitive adult skating opportunities available in rinks across the country.

The U.S. Figure Skating Adult Skating Program not only fosters cohesiveness among its participants, but also helps to cultivate a sense of joy and freedom within the adult skater that arises out of something as simple as gliding across the ice. It provides an outlet for individual and team participation within a supportive network of fellow adults.



Who are the participants involved in adult skating?

Those involved in the Adult Skating Program are typically past recreational or competitive figure skaters who returned to the sport as adults, or adults who made the decision to become skaters later in life. Even those adults who have never stepped on the ice or skated infrequently in the past can still become actively involved in skating. Once adults take the ice and experience the fun skating offers, they grow an interest in the skating programs, proficiency tests, local, national and international competitions that are available.

Why is skating as an adult enjoyable and beneficial?

A person's skating experience and ability are never a concern or barrier for participation. The focus of skating as an adult is centered around the joy one feels while on the ice and mastering new skills.

Motives to participate in the Adult Skating Program include:

- Exercise, stress relief, therapeutic or health reasons
- To have fun or for personal satisfaction
- Social aspects, friendships or social networking
- For the challenge of goal achievement
- To satisfy a competitive spirit
- To achieve skills or participate in the continuance of skating that began as a youth
- To experience the fun of testing and competition
- As an activity to pass the time while their children are on the ice in a Learn to Skate USA group class

Opportunities in Adult Skating

Getting Started - Adult Learn to Skate USA Program

Learn to Skate USA offers an introductory skating curriculum for the adult who has never skated or would like to refine their skating skills. It is divided into six levels in which adult skaters progress at an individual rate while being challenged and motivated. The curriculum is designed specifically to teach the basic elements of skating forward and backward, turns and stops before advancing to more challenging elements. Whether you want to skate during your lunch break, form a coffee club or lay the foundation to progress into the U.S. Figure Skating adult-test structure, Learn to Skate USA is the place to start. As Learn to Skate USA members, adults may enter Compete USA competitions at their level. This is a great opportunity for adults to showcase the skating elements they have learned. Many adults enter these events to meet a specific goal or to satisfy their need to compete. More information is available at LearnToSkateUSA.com.

Get Involved - Figure Skating Clubs

The best way to be a part of U.S. Figure Skating is to become a member of your local U.S. Figure Skating club. With more than 600 member clubs nationwide, you should be able to [find one](#) that meets your needs. Clubs serve many purposes to their members, offering weekly or monthly practice sessions, private instruction, test sessions, ice shows and exhibitions, nonqualifying and qualifying competitions, seminars, dance weekends, and providing a social network for adult members. Most skating clubs are non-profit associations run by volunteers. If there is not a club in your area, you can always join U.S. Figure Skating as an individual member.

Testing as An Adult

Proficiency tests allows a skater to advance to the next level. Each level has specific requirements that a skater must perform in front of a panel of qualified

judges. Adults can choose to test in the adult testing structure or the standard-track testing structure. Either structure allows the adult skater to participate in adult competitions and events.

Standard and adult tests are offered in free skate, moves in the field, pairs, pattern dance (solo and partnered), free dance (solo and partnered) and figures. In the context of testing, the term "masters" refers to athletes age 50 or older. Masters tests (with more lenient expectations) are offered in moves in the field and ice dance.

Detailed information on test requirements and prerequisites is available in the current U.S. Figure Skating Rulebook in the "Test Rules" section. The rulebook is available [here](#).

Adult Competitions

Adult nonqualifying events are hosted nationwide throughout the year. Adult skating competitions divide competitors by age and test level. Most offer free skate events, showcase, ice dance, pairs, compulsory moves and jump/spin contests. Many clubs also offer adult events as a part of their regular nonqualifying competitions.

The adult sectional championships, an annual qualifying event for the U.S. Adult Figure Skating Championships, are held in each section of the country (Pacific Coast, Midwestern and Eastern) and usually include a corresponding nonqualifying competition. Adult sectionals take place each March.

The U.S. Adult Figure Skating Championships are the highlight of the adult competitive season and take place each April. In the context of the adult sectional championships and the U.S. Adult Championships, the term "masters" refers to adult skaters who have passed higher-level tests. Visit the [U.S. Adult Championships webpage](#) for more information.

Additionally, the International Skating Union provides opportunities for adults to compete internationally.

Other Skating Programs and Opportunities

Synchronized Skating is characterized by teamwork, speed, intricate formations and challenging step sequences. Synchronized teams in the U.S. can compete in 14 different levels, including open adult, adult, open masters and masters levels. "Masters" in the context of synchronized skating refers to an adult level team comprised entirely of skaters age 25 and older.



Theatre On Ice is a form of competitive figure skating that combines the grace of figure skating with the excitement of theater and dance. Adults may skate on any team for which they meet the test and age qualifications.

Showcase fuses artistic creativity with figure skating for single skaters, duets, small ensembles of three to seven and production numbers of eight to thirty. National Showcase offers the categories of light entertainment, dramatic entertainment and interpretive events to adult singles skaters.

The **Solo Dance Competition Series** provides an avenue for ice dancers at the standard levels to compete at and qualify for the National Solo Dance Final. Adults may participate in the series based on their standard-track ice dance tests.

Attending **camps and clinics for adult figure skaters** is a great way to improve on-ice skills while meeting other adult skaters and having fun together both on and off the ice. Several adult skating camps are held throughout the year.

Many adults enjoy **social ice dancing**. Without the pressure of testing or competing, it provides the opportunity to relax and enjoy skating with others who share the same passion. Social ice dance weekends and sessions are held in many places throughout the year, and usually welcome all levels and abilities.

Resources

For more information about the Adult Skating Program please go to www.usfigureskating.org and select "Programs" then "Adult".

