

Frequently Asked Questions



When and how do I get a coach for private lessons?

Once your skater reaches the Basic 6 level, you may want to begin supplementing group lessons with a private lesson from a Lakeland Skating Club professional once a week. To do so, you will first obtain a lead sheet through the figure skating office. Just stop by or call 248.666.1910. After turning in a lead sheet, the director of the figure skating program will place you with one of our staff coaches and you will be contacted by that coach. Rates per hour vary by coach.

My child is in Basic Skills lessons and would like additional practice ice. What are the rules for signing up for additional figure skating sessions?

Sessions offered include General, Moves, Dance and Club Ice. Skaters in Basic 6 and above may skate on any General, Moves and Dance sessions. Skaters below Basic 6 may skate on General sessions only. Club Ice is for Full LSC and Associate LSC members only. The Moves and Dance sessions are restricted to practicing only Moves in the Field and Ice Dance respectively. **A General session is open to Freestyle, Moves and Dance practice and would be the best choice for a Basic Skills skater.**

What is the difference between Moves and Freestyle testing?

Moves in the Field are a requirement for all disciplines of skating and tests must be passed in order to move up to higher levels in each discipline.

Freestyle is one of the four disciplines of skating; the other three being Pairs, Dance, and Synchronized team skating.

Do you have to compete individually?

No, it is your choice. You can instead choose to compete as a pair or ice dance pair, as a member of a synchronized skating team of 8-16 skaters, or you could simply skate to take tests and participate in the ice show.

How much are the USFS and Lakeland Skating Club membership fees?

Forms outlining various memberships are available in the monitor's booth at the arena.

How often should skates be sharpened?

Approximately every 4 to 6 weeks, depending on the amount of time spent on the ice.

Where should I go for skates and accessories?

Jones Skate Shop located at Detroit Skating Club in Bloomfield Hills 248.335.8790

Rainbo/Burley's Figure Skating Supply located in 7 Mile Rd in Livonia 248.426.0700

What kind of skates should I get?

Skates that have excellent ankle support sold by a trained sales representative at a figure skating pro shop (i.e. Jones or Rainbo) are always best. These individuals will help you with sizing and measurements and are trained to know what type and style is best for your child.

What classes should you take to enhance Synchronized skating team skills?

Stroking and **On-Ice Ballet** are great for improving stroking technique, power, posture, movement and edge quality/flow.

Ballet, Tap, and Jazz will aid in body movement and music interpretation for all ages

Team Class will provide an introduction to the different elements in synchronized team skating.

Off-Ice Conditioning will improve overall body strength, endurance, and flexibility and is recommended for the higher levels of synchro skaters.

Private instruction in Moves and Freestyle will vastly improve each skater's individual skating skills, which is most important to the success of any synchro team.