

Advanced Program Session Levels & Descriptions

Updated August 2017

In this discipline:	If you have PASSED the test for:	and you're WORKING ON:	You are in this level:
MOVES IN THE FIELD (MITF)	(None)	Pre-Preliminary	Low Moves
	Pre-Preliminary	Preliminary	Low Moves
	Preliminary	Pre-Juvenile	Low Moves
	Pre-Juvenile	Juvenile	Intermediate Moves
	Juvenile	Intermediate	Intermediate Moves
	Intermediate	Novice	High Moves
	Novice	Junior	High Moves
	Junior	Senior	High Moves
FREE SKATE (FS)	(None)	Pre-Preliminary	Low Free Skate
	Pre-Preliminary	Preliminary	Low Free Skate
	Preliminary	Pre-Juvenile	Intermediate Free Skate
	Pre-Juvenile	Juvenile	Intermediate Free Skate
	Juvenile	Intermediate	High Free Skate
	Intermediate	Novice	High Free Skate
	Novice	Junior	High Free Skate
	Junior	Senior	High Free Skate
DANCE (must pass all 3 dances at each level)	(None)	Preliminary	Low Dance
	Preliminary	Pre-Bronze dances	Low Dance
	Pre-Bronze	Bronze	Intermediate Dance
	Bronze	Pre-Silver	Intermediate Dance
	Pre-Silver	Silver	High Dance
	Silver	Pre-Gold	High Dance
	Pre-Gold	Gold	High Dance
	Gold	International	High Dance
Open Sessions	All Advanced skating disciplines are allowed in Open sessions – Moves, Free Skate, or Dance. If a test level requirement is not specified in the session title (i.e. "Low Open"), all test levels are allowed. While no permission or scheduling with primary coaches is needed to purchase or skate in Open Sessions, it is advised if the skater wants a lesson with her coach.		
Pro Time Sessions	All Advanced skating levels are allowed on Pro Times, but skaters must pre-arrange with their primary coach for approval of these sessions before registering, and they must be working one-on-one with a coach during these sessions.		
Free Skate Private Lessons	Low Advanced Free Skate skaters, and Learn to Skate skaters who are currently in Pre-Free Skate or Free Skate 1-6, can register for Free Skate Private Lesson ice time during Advanced sessions. Learn to Skate skaters taking private lessons must have a primary coach who has approved their participation in these sessions. Contact Emily Zahn, LTS and Advanced director, for information regarding private coaches: bfsdirector@gmail.com or 701-220-5757.		