

# SAMPLE LEVEL PROGRESSIONS:

*Progressing from Beginner to Competitive Synchronized Skating in U.S. Figure Skating*

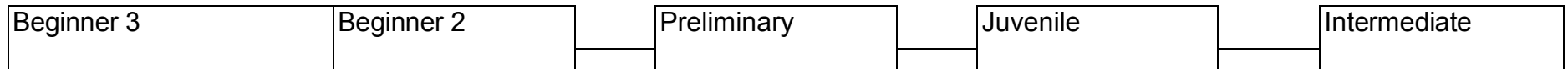
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**ALL AGES:**

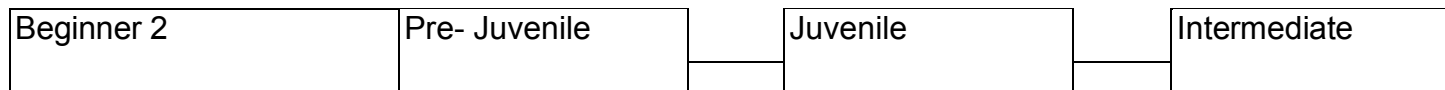
**Use the U.S. Figure Skating Basic Skills program Synchro 1-4 badges to develop skills**

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**UNDER 9:**



**AGE 9-11:**



**12 OR OLDER:**

