



LEARN TO SKATE USA



HOCKEY, FIGURE SKATING AND RECREATIONAL SKATING

2018/19 Group Lesson Sessions:

Learn ice skating skills in a group setting. Recreational, Hockey and Figure skating skills. Follows Learn To Skate USA Skills progression curriculum. Levels Beginner, Intermediate and Advanced. Skaters register for consecutive 6-week sessions throughout the year. Open to Ages 4 to adult.

Please see each individual LTS flyer for info regarding class date, fee and registration deadline

FALL 2018

Sunday OR Monday classes

LTS #1 Sep 23/24-Oct 28/29

LTS #2 Nov 11/12-Dec 16/17

WINTER/SPRING 2019

Sunday OR Monday classes

LTS #3 Jan 6/7-Feb 10/11

LTS #4 Feb 17/18-Mar 31 Apr 1

NO CLASSES SUNDAY MARCH 3

LTS #5 Apr 28/29-June 9/10

SUMMER 2019

Sunday classes only

LTS #6 Jul 14-Aug 18

2018/19 Off-Ice Conditioning Classes (OIC)

Off-ice conditioning and physical fitness is vital to success On-ice. OIC class promotes general physical fitness and develops endurance, strength and muscle control for specific skating positions and skills. OIC class is mandatory for ALL skaters level Pre-FS through FS 6—Optional for ALL Basic Skill Levels. Ages 6 to Adult.

Please see individual LTS flyer for info regarding class date, fee and registration deadline

Sunday 5:45-6:30pm

Sunday OIC class follows LTS session dates above

Thursday 6:15-7:00pm

Thursday OIC class runs first Thursday after 1st class of each LTS 6-week session.

2018/19 Compete USA

Competitions are **EXCITING** and **FUN!** Show off the ice skating skills you have learned in a relaxed competition setting. Open to Learn To Skate USA members from Capital Clubhouse and other affiliated rinks, members must be in good standing. Have you never competed before? No worries—Register for group lessons to learn the fundamentals then register for a competition

FALL 2018

Saturday

SPRING 2019

Saturday

Jump Into Fall! **OPEN Basic Skills Competition**

November 17

11:00am-5:00pm

Glide Into Spring **OPEN Basic Skills Competition**

April 27

11:00am-6:00pm

LTS Academy Fleece Jacket

Keep your favorite skater warm all season long! Great way to show off your Learn To Skate USA achievement badges!

ACADEMY FLEECE JACKET

Fleece Jacket Samples and purchase/order forms available during LTS classes. Orders are put in every two weeks. Two week delivery depending on Warehouse Stock.

Available Sizes: Youth small/medium/large
Adult small/medium/large

Price: \$45 Per Jacket

Name Embroidery \$ 3 additional