



# LEARN TO SKATE USA



## HOCKEY, FIGURE SKATING AND RECREATIONAL SKATING

### 2019 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 Mar 10/11-Apr 14/15

LTS #5 May 5/6—Jun 9/10

#### SUMMER 2019

**Sunday classes only**

LTS #6 Jul 14-Aug 18

### 2019 Off-Ice & Artistry In Motion/Power Skate Classes

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

**Off-Ice Conditioning Thursday 6:15-7:00pm** Follows same weeks as JMFS classes

**Artistry In Motion Sunday 5:35-6:35pm** Follows same weekly dates as LTS session

### 2019 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