



# FIGURE SKATING

## 2018-2019 SEASON

# JUMPS SPINS MOVES

### Jumps, Spins and Moves In The Field Class for Advanced Level Figure Skaters

On-Ice class develops a understanding and higher level execution of figure skating jumps and spins as well as edges and lean, stance, posture and technique.

Off-Ice conditioning class develops a higher level of physical endurance, enhances muscle power and control. Tailored to specific figure skating techniques and positions.

For skaters who are pursuing competitive track and taking private lessons.

For skaters who are pursuing test track, taking private lessons and preparing for USFS MIF/FS Tests.

### **THURSDAYS 5:00-6:00PM ICE CLASS 6:15-7:00PM OFF-ICE CLASS**

#### **FALL SESSION DATES**

- #1: OCT 4, 11, 18, 25
- #2: NOV 1, 8, 15, 29 (SKIP 22ND THANKSGIVING)
- #3: DEC 6, 13, 20, 27

#### **WINTER SESSION DATES**

- #4: JAN 10, 17, 24, 31
- #5: FEB 7, 14, 21, 28
- #6: MAR 7, 14, 21, 28

#### **SPRING SESSION DATES**

- #7: APR 4, 11, 18, 25
- #8: MAY 2, 9, 16, 23

#### **Class Fee:**

**4 week Session Registration \$165/skater**

**2 session enrollment \$300/skater (family discount does not apply)**

**3 session enrollment \$400/skater (family discount does not apply)**

#### **Drop-In Fee:**

**Ice Class Drop-In: \$50/skater per class**

**Off-Ice Class Drop-In: \$20/skater per class**

**Off-Ice & Ice Class Combo: \$70/skater per class**



**Updated 10/21/18**



Managed by  
**Rink Management Services Corporation**  
the most trusted name in ice rinks

FOR MORE INFORMATION CALL 301-932-4348

[www.capitalclubhouse.com](http://www.capitalclubhouse.com)

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