



Skating Academy

Basic Skills



USFS Award-Winning Program: 400 + members
2005-06, 2006-07, 2007-08, 2008-09,
2010-11, 2011-12, 20012-13, 2013-14,
2014-15, 2015-16, 2016-17 , 2017-18

FOR HOCKEY, FIGURE SKATING AND RECREATIONAL SKATING

Classes are divided by skill level and age. Open to skaters **age 4 through Adult**. Basic Skills Classes follow a progression of skills curriculum.
Class Prerequisite: All skaters must be 4 years old, able to stand & walk in skates without assistance and attend class independently of a parent present.
Please come skate at least once prior to session start to find correct skate size and fit. Please submit birth date and an email address on the registration form.
MAKEUP CLASSES Offered at the discretion from the Skating Director; depending on class size and class availability, class level is not a guarantee.

LTS #3 WINTER 2019 JAN 6/7-FEB 10/11

Registration deadline: Dec 30, 2018

NEW: ONLINE REGISTRATION OPTION COMING SOON—STAY TUNED FOR UPDATES

Beginner Skating Levels \$100 6/wk session

Sundays: 3:30-4:00pm
4:05-4:35pm

Ages 4 & 5: Snowplow Sam 1, 2, and 3 *Helmet recommended*
Ages 6-Adult: Basic 1, 2, and 3 *Helmet recommended.*

Hockey Skating Levels \$145 6/wk session *Prerequisite: Passed B3 in hockey skates

Mondays: 6:00-6:45pm

***Hockey Skills Prerequisite:** Must pass B3 in hockey skates or play organized hockey
Ages 4-Adult: Hockey 1, 2, 3 & 4 *Helmet Required*

Intermediate/Advanced Skating Levels \$145 6/wk session

Sundays: 4:40-5:25pm

Ages 6-Adult: Intermediate Levels: Basic 4, 5 and 6
Advanced Levels: Pre-Free Skate, Free Skate 1, 2, 3, 4, 5 and 6
Purchasing your own skates is recommended for ALL Intermediate/Advanced Levels

Artistry In Motion/Power Skating Class \$145 6/wk session

Sundays: 5:40-6:40pm

Ages 6-Adult: Advanced Levels: Pre-Free Skate, Free Skate 1, 2, 3, 4, 5 and 6

Practice—Practice—Practice—Practice—Practice—Practice—Practice—Practice

Enrolled skaters receive a LTS practice card, 6 FREE admissions to public skate sessions—skate rental NOT included. Swipes are valid during 6 week LTS session—unused swipes expire after last class.



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

FOR MORE INFORMATION CALL 301-932-4348
www.capitalclubhouse.com

Capital Clubhouse is located at 3033 Waldorf Marketplace Waldorf, MD 20603

Updated 11/27/18