



Skating Academy

Basic Skills



USFS Award-Winning Program: 400 + members
2005-06, 2006-07, 2007-08, 2008-09,
2010-11, 2011-12, 2012-13, 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**. 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. **Proof of LTS USA Membership (\$16) Required** before registration for classes. Register online at www.learntoskateusa.com. 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 #4 SPRING 2019 MAR 10/11– APR 14/15

Registration deadline: Mar, 1 2019

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

Beginner Skating Levels \$100 6/wk session

Sundays: 3:30-4:00pm Ages 4 & 5: Snowplow Sam 1, 2, 3 and 4
4:05-4:35pm Ages 6-Adult: Basic 1, 2, and 3
Helmets Recommended

Destination Hockey Beginner Levels \$100 6/wk session

Mondays: 6:00-6:30pm Ages 4 & 5: Snowplow Sam 1, 2, 3 and 4
Helmets Recommended

Hockey Levels \$145 6/wk session

Mondays: 6:00-6:45pm **Prerequisite: Pass B3 in hockey skates/Organized Hockey*
Ages 4-Adult: Hockey 1, 2, 3 & 4 *Helmet & Equipment 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
Must be enrolled in LTS group lessons to take class

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

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

Updated 1/3/19



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