



USFS Award-Winning Program
2005-06, 2006-07, 2007-08, 2008-09

Skating Academy Basic Skills

Divided by skill level and age, classes range from beginner through advanced for skaters age 4 through Adult. Professional instructors teach a progression of basic ice skating skills. Each six-week session includes: one 30-minute lesson (45 min. for Basic 4 and beyond); rental skates for your lesson; practice card good for six public ice skating admissions during your session dates (pay just \$3 for skate rental); official Basic Skills membership card, record book w/stickers, member patch, & year patch. Written evaluation at end of session.

Prerequisite: All skaters must be able to stand & walk in skates without assistance while not on the ice. All first-time Academy students must attend a pre-session skate fitting, usually held the day before class begins. Please submit an email address for class time confirmation.

PLEASE NOTE: NO MAKEUP CLASSES; skill levels may be combined due to low enrollment; skill levels are available only at listed times.

JULY 19– AUGUST 23, 2010

Learn to skate with me!



Beginner Levels

Mondays 6:15-6:45pm or
6:45-7:15pm

Ages 4 & 5: Snowplow Sam 1, 2, 3

Ages 6-Adult: Basic 1, 2, 3

FEE: \$90 (\$105 non-resident)

DEADLINE: July 13, 2010 (add \$15 late fee)

Intermediate & Advanced Levels

Mondays 7:15-8:00pm

All ages: Basic 4, 5, 6, 7, 8

All ages: Free Skate 1, 2, 3

FEE: \$135 (\$150 non-resident)

DEADLINE: July 13, 2010 (add \$15 late fee)

Next Session:

AUGUST 22 - OCTOBER 3, 2010

Classes will be held on **Sundays**

Deadline August 16, 2010

LTS Academy Basic Skills Competition, October 4th, 2010



Managed by



FOR MORE INFORMATION CALL 301-932-4348

www.capitalclubhouse.com

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