



# Skating Academy



# Basic Skills

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

## FOR HOCKEY, FIGURE SKATING AND RECREATIONAL SKATING

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.

Prerequisite: All skaters must be able to stand & walk in skates without assistance while not on the ice. All first-time Academy students are recommended to come skate at least once prior to class start to find out correct skate size and fit. Please submit an email address on the registration form.

MAKEUP CLASSES offered with permission from Skating Director; skill levels may be combined due to low enrollment; skill levels available only at listed times.

### LTS #5 APRIL 15/16—MAY 20/21, 2012

#### Sunday or Monday classes

#### Beginner Skating Levels

Sundays: 4:30-5:00pm or  
5:05-5:35pm

Mondays: 6:00-6:30pm or  
6:30-7:00pm

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

Ages 6-Adult: Basic 1, 2, 3

#### Hockey Skating Skills

Sundays: 4:30-5:00pm (Hockey 1)  
5:05-5:35pm (Hockey 2-3)

Mondays: 6:00-6:30pm (Hockey 1)  
6:30-7:00pm (Hockey 2-3)

Ages 4-Adult Hockey 1, 2, and 3

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

DEADLINE: April 7, 2012 (add \$15 late fee)

#### Intermediate & Advanced Figure Skating Levels

Sundays: 5:40-6:25pm

Mondays: 6:15-7:00pm

Ages 6-Adult: Basic 4, 5, 6, 7, 8  
Free Skate 1, 2, 3

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

DEADLINE: April 7, 2012 (add \$15 late fee)

#### Coming Soon:

BAF-Bring A friend FREE skating party

May 12th, 2012 from 2:45-4:15pm

Open to LTS skaters and selected friends

Summer LTS Session # 6

June 3 through July 8

Sunday classes only

Deadline May 26th, 2012



Managed by



FOR MORE INFORMATION CALL 301-932-4348

www.capitalclubhouse.com

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

Updated 01/19/12