

## Class Descriptions

### Snowplow Sam 1-4

Designed to help the preschool age skater (age 3-5) develop preliminary coordination and strength necessary to maneuver on the ice.

### Basic Skills 1-6, Pre-Freestyle

The Basic Skills courses introduce skating fundamentals as well as some advanced techniques: moving forward and backward, stops, edges, crossovers, turns, and mohawks.

### Freestyle 1-6

#### Prerequisite: Completion of Pre-Freestyle

Each level is divided into five sections: moves in the field, dance moves, footwork sequences, spins, and jumps. These courses are designed to build up skaters' skills.

### Adult & Teen 1-3

This curriculum is designed for the beginning adult skater. It will promote physical fitness and improve balance and coordination while learning proper skating techniques. Divided into three levels, skaters will progress at individual rates while being challenged and motivated.

### Pre-Hockey 1-2

Pre-Hockey introduces the skater to basic skating skills that will prepare him or her to join Rockville Ice Arena's Hockey Initiation Program.

*Pre-Hockey is a 45 minute class. Hockey equipment is not necessary for participation in Pre-Hockey.*

## IMPORTANT—LIABILITY AGREEMENT

I hereby release Miamco, LLC, MYHA, Rockville Blades, LLC, and all employees herein from all responsibility for injuries incurred at Rockville Ice Arena. I understand that helmets are required for all children ages six and younger, and are recommended for everyone. I understand that injuries can occur during ice skating and that I (or my child) accept the risk willingly.

## CANCELLATION & MAKE-UP CLASSES

There are NO refunds unless due to an injury or serious illness. A physician's note will be required. A credit (not a refund) will be issued to any individual who cancels his or her enrollment in the group lesson program. The credit will be prorated based on the number of classes remaining. There is a \$10 fee to switch into a different session. Rockville Ice Arena has a 3-person minimum class size. If Rockville Ice Arena cancels a class, a full refund will be issued. **Practice cards expire on the last day of classes.**

Rockville Ice Arena

50 Southlawn Ct  
Rockville, MD 20850  
(301) 315-5650  
[www.RockvilleIceArena.com](http://www.RockvilleIceArena.com)

# LEARN TO SKATE PROGRAM

## *Group Lessons*

# February 24 - April 15

## (no classes on March 31 or April 1)



Register online

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

## Program Information

**Standard Registration Fee: \$130**  
**Pre-Hockey Registration Fee:**  
**\$150**

*(Prices do not include 10% Rockville City Amusement Tax)*

### Registration includes:

1. Seven 30-minute sessions (45 minute sessions for Pre-Hockey)
2. Practice card for seven complimentary admissions
3. Skate rental for lessons and practice sessions
4. Evaluation for advancement to next class

### Practice Cards

A practice card is issued to each student enrolled in the group lesson program. Practice cards can be presented seven times for admission to any public skating session.

Lost or stolen cards can be replaced for a \$25 fee. Cards expire at the end of the group lesson session.

PRACTICE CARDS ARE NOT TRANSFERABLE, AND ARE STRICTLY FOR USE BY THE STUDENT.

## Group Lesson Schedule

Snowplow Sam 1	Ages 3-5	<b>Sat:</b> 10:00a, 11:10a <b>Sun:</b> 11:10a
Snowplow Sam 2	Ages 3-5	<b>Sat:</b> 10:00a, 10:35a <b>Sun:</b> 11:45a
Snowplow Sam 3	Ages 3-5	<b>Sat:</b> 10:35a, 11:45a <b>Sun:</b> 11:45a
Snowplow Sam 4	Ages 3-5	<b>Sat:</b> 11:45a <b>Sun:</b> 12:20p
Basic 1	Ages 6+	<b>Sat:</b> 10:00a, 10:35a, 11:10a, 11:45a, 12:20p <b>Sun:</b> 11:10a, 11:45a
Basic 2	Ages 6+	<b>Sat:</b> 10:00a, 10:35a 11:45a <b>Sun:</b> 11:10a, 12:20p
Basic 3	Ages 6+	<b>Sat:</b> 11:45a <b>Sun:</b> 11:10a
Basic 4	Ages 6+	<b>Sat:</b> 11:45a <b>Sun:</b> 11:45a
Basic 5	Ages 6+	<b>Sat:</b> 12:20p <b>Sun:</b> 11:45a
Basic 6	Ages 6+	<b>Sat:</b> 12:20p <b>Sun:</b> 11:45a

## Group Lesson Schedule (cont.)

Adult & Teen 1-3	Ages 14+	<b>Sat:</b> 11:10a
Pre-Freestyle	Ages 6+	<b>Sat:</b> 12:20p <b>Sun:</b> 12:20p
Freestyle 1	Ages 6+	<b>Sat:</b> 12:20p <b>Sun:</b> 12:20p
Freestyle 2-6	Ages 6+	<b>Sun:</b> 12:20p
Pre-Hockey 1	Ages 6+	<b>Sat:</b> 10:00a <b>Sun:</b> 11:10a
Pre-Hockey 2	Ages 6+	<b>Sat:</b> 10:50a <b>Sun:</b> 12:00p

### "What should I wear to class?"

- *Wear warm, loose clothing such as sweatpants and sweatshirts. Avoid ski suits.*
- *Wear gloves (not mittens).*
- *Use one pair of thin, high socks, or tights.*
- *Helmets are required for children 6 and younger.*