

Overview

Come join us for our 3rd Annual Synchronized Skating Clinic! Children as well as adult skaters who have passed the Beta level and above are invited to sign up for this new program. Synchronized Skating is the fastest growing segment of figure skating and our clinic will offer a hands-on jump start introduction to what synchro skating is – a creative, fun, team environment approach to figure skating. Within its atmosphere of friendship and camaraderie, skaters will learn how to gracefully take the ice together with their team and share their love of skating with others.

Coaches will focus on the basics of synchro such as poise, edge quality, effortless turning, speed, holds and formations. On the last day, skaters will perform a mini-exhibition showcasing their new synchronized skating skills at 11am!

Cabin John Ice Rink's 2010 Synchronized Skating Clinic will be offered from August 23-27 from 9-11:30am.

The cost of the Clinic is \$195. Please see the list of items to bring on the back.

Daily Schedule

Tentative Daily Schedule

8:45am	Drop off
9-9:30am	Off ice warm up
9:30-9:45am	Put on Skates
9:45-11:30am	On ice basic synchro skills - Choreograph Program
11:30am	End of clinic

ParkPASS course # 97750

Registration Form

Skater's Name: _____

Parent/Guardian: _____

Address: _____

City: _____ State: ___ Zip _____

Phone: (Home) _____

(Other) _____

Skater's Birthdate: _____

Current Skating Level: _____

Coach's Name: _____

Parent/Guardian

Signature _____

Please return registration form to:

Cabin John Ice Rink

Attn: Synchronized Skating Clinic

10610 Westlake Drive

Rockville MD 20852

ParkPASS course # 97750

Cost - \$195

Payment Method (please check one)

Cash (accepted in person only)

Check \$ _____ # _____

(checks payable to: M-NCPPC)

Credit card: MasterCard or Visa is

accepted in person, online at

ParkPASS.org, or via the ParkPASS phone

reservation system at 301-962-1477

(you must have a ParkPASS account).

Do not write credit card number on this form

OFFICE USE ONLY

STAMP DATE PAID: _____

Items to Bring

- Water Bottle
- Black yoga pants
- Black shirt
- Gloves
- Hair pulled back out of face

The participant assumes all risks associated with participation in the program. M-NCPPC assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, M-NCPPC encourages participants to consult their physicians concerning fitness to participate in the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Refund Policy

- If we cancel a session for any reason, you may elect to receive a full credit on your Parkpass account, or at your request, a full refund.
- In order to receive a full credit to your ParkPass account, a *written withdrawal* request must be received by the facility at least 4 weeks prior to the start of the program.
- If you choose to have your money refunded to you, there will be an administrative fee charge of 20%.
- If your written request is received within the 4-week period before the start of the program, NO credit or refund will be issued.



2010 Synchronized Skating Clinic

August 16-20

9:00am-11:30am

#97750

Cost \$195



For all ages Beta level and above

Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD 20852
www.cabinjohnice.com
(301) 765-8620 - Phone
(301) 469-6196 - Fax