

Overview

Cabin John Ice Rink's annual ISI Freestyle Summer Skating program will be held the following weeks:

July 19 – 23, 2010

This skating program is for intermediate skaters Alpha through Freestyle and will include music interpretation, strength building, on-ice and off-ice workouts, and a mini-show at the end of the camp. The cost of the program is \$275 per week. This cost includes ice time, on-ice instruction and off-ice instruction. Please see our list of items to bring on the back.

On-Ice Training Sessions

Jumps ● Spins ● Moves in the Field
Edgework ● Dance Step Sequence
● Show/Choreography

Off-Ice Training Sessions

Stretching ● Strength Conditioning
Jumping ● Cool Down

Daily Schedule

8:00	Arrive & Check-in
8:00-8:30	Off-ice warm up/stretching
8:30-8:45	Change into skates
8:45-9:30	Jump/Harness/Spin
9:30-10:15	Field Moves/Edgework
10:15-11:15	On-ice Show/Choreography
11:15-11:30	Power Stroking
11:30-12pm	Cooldown

Schedule Subject to Change

*Ice Show: July 23

** Please note that Friday's schedule will be altered slightly to accommodate the ice show. The ice show is scheduled for approximately 11:00am on Friday.

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: Figure Skating Camp

10610 Westlake Drive

Rockville MD 20852

Please select choice of week:

_____ July 19 - 23 (ParkPASS #99100)

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: _____

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.

Items to Bring

- Sneakers (for stretching and off-ice jump class)
- Snack
- Warm clothing layers, including gloves
- Towel (for off-ice stretching) if desired
- Water Bottle

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.



2010 Cabin John Figure Skating Camp

**July 19-23
8:00am – 12:00pm**

Course # 99100

Cost \$275



Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD 20852
(301) 765-8627 - Phone
(301) 469-6196 - Fax