

CANCELLED

ADDED



Cabin John Ice Rink Stick N Puck Schedule

rev1.5.12

ALL ON THE NHL RINK (except where noted)

JANUARY 2012

YO = YOUTH ONLY
(ages 13 and Under)
and/or GL Students

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CANCELLED	2 6-7:30AM	3 6:45-7:45AM	4	5 6:45-7:45AM	6 6-7:30AM 2:45-3:45PM	7 6:30-7:30AM (OLY)
8	9 6-7:30AM	10 6:45-7:45AM	11	12 6:45-7:45AM	13 6-7:30AM 2:45-3:45PM	14 6:30-7:30AM (OLY)
15	16 6-7:30AM 1:15-2:45PM	17 6:45-7:45AM	18	19 6:45-7:45AM	20 6-7:30AM 2:45-3:45PM	21 6:30-7:30AM (OLY)
22	23 6-7:30AM	24 6:45-7:45AM	25	26 6:45-7:45AM	27 6-7:30AM 2:45-3:45PM	28 6:30-7:30AM (OLY)
29 7:15-8:15am (OLY)	30	31 6:45-7:45AM				

Coaching of any kind is **STRICTLY PROHIBITED** except with a contracted M-NCPPC professional instructor.

Team practices and or organized drills are **PROHIBITED**.

No scrimmaging is allowed

Sign up for Stick-N-Puck will start 30 minutes prior to the start of the session

Sign up on a first come, first served basis

Skaters may use two punches from their group lesson practice cards for admission

Wristbands will be distributed & must be visible on skates; receipts without wristbands are **NOT** accepted

The maximum is set at 30 skaters & 2 goalies

No scrimmaging is allowed

GEAR REQUIREMENTS:

ADULTS (18 & older) - helmet, gloves and stick; KIDS – Full Gear (NO EXCEPTIONS)

NOTICES

** Wristbands will only be sold to skaters who are **IN LINE**

** Skaters may **NOT** purchase wristbands, or hold a slot in line, for skaters who are not in the facility

** Anyone entering the ice without paying will be asked to leave the facility & property

** Anyone assisting another person to skate without paying will be asked to leave the facility without a refund

** Cabin John is not responsible for lost or stolen items. There are lockers on the rinks to secure valuables. (they are 50 cents)

** Locker room doors will be locked by Facility Staff 15 minutes after the start of the session. If you arrive after this time, see the Front Desk Staff.

FEES:

Session Times

Skaters :	1 hr	\$8
	1.5hrs	\$12
	2hrs	\$16

CabinJohnIce.com

10610 Westlake Drive
Rockville, MD 20852
301-765-8620



Goalies - FREE

Ages: All (Unless Otherwise Noted)