

Group Lesson Information

Cabin John Ice Rink



7 days a week all year round for all ages 3 & up.

Classes for all levels from absolute beginners to serious gliders!

LEARN TO
SKATE
USA

Classes follow the Learn to Skate USA curriculum which is endorsed by US Figure Skating & USA Hockey.



10610 Westlake Drive
Rockville, MD 20852
301-765-8620 Fax: 301-469-6196

www.CabinJohnIce.com

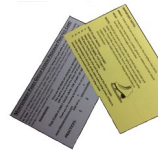
How to Have a GREAT First Lesson!!

Arrive Early!



Get to the rink 30 minutes before your first class begins. We recommend you be ready to skate at least 10 to 15 minutes prior to the lesson time in order to allow time to get your skates on for the lesson. Be ready to enter the ice at the start of class.

On Arrival



Pick-up your Group Lesson Practice Card at the sign-in table or front desk. You'll need this card to rent your skates if required (cost is covered by the class fee) and to redeem for your complimentary practice sessions.

When you sign in, we'll tell you where to meet your instructor.

On the first day of class, beginner classes will meet off the ice and time will be taken to ensure the skates fit and are laced correctly. Your skill level will also be assessed in the first class to be sure you are in the correct level.

After the first lesson, you no longer need to sign in with the front desk, and will meet your instructor at the rink for all subsequent lessons.

What To Wear?



Remember to wear skating attire: clothes that you are comfortable to move in.

To protect skaters from the cold, and in the event of falling, long pants, long sleeves, a jacket, gloves or mittens and hats must be worn. We strongly recommend the use of bicycle-type helmets for added protection. Students wearing hockey skates are encouraged to wear caged hockey helmets. Ask the pro shop for what is required for our hockey classes.

What Size skates?



Choose skates that are one-half to one full size *smaller* than your shoe size. Tight skates will help you balance properly and prevent injuries.

Skaters should wear one pair of thin socks or tights for maximum support. Loosen laces to the toe before putting on a skate, then tightly re-lace with the tongue straight up. If your heel lifts up in skate or there is inadequate ankle support, a smaller ice skate should be worn. Please lace the skate properly to determine if a larger size is required.

Practice makes perfect



In order to improve their skills, it is important that each student practices as well as takes lessons. Take advantage of the **FREE** practice sessions included with your lessons on your group lesson practice card (6 or 9 dependent on class length).

These practice sessions allow the student free admissions and skate rentals to any general/public session. This card is valid only during the lesson series you are currently enrolled in and must be presented to the front desk for validation and skate exchange.

Listen to your coaches' advice—and practice, practice, practice!



During the last class, students will be evaluated on the skills they learned that series.

Please note it often takes several series of lessons at the same level to be able to acquire all the skills necessary to pass to the next level.

Award ribbons can be received from the front office with your evaluation sheet.

Most importantly, **HAVE A BLAST ON THE ICE!**

The mission of the Learn to Skate USA is to provide a goal-oriented program that encourages ice skating at all levels, and to enhance the quality of skating skills at these levels.

The Learn to Skate USA Program is designed to serve the needs of both recreational and competitive skaters, was developed by U.S. Figure Skating and endorsed by USA Hockey and the Professional Skaters Association. Whether you're aiming for Olympic fame or just want to enjoy the recreational benefits of skating, the Learn to Skate USA is the place to start!

Class & Registration Dates

Group Lessons beginning in...

September 2017 (Fall 1)

Class Dates: September 7 - October 21
Register online: August 30 - September 5

November 2017 (Fall 2)

Class Dates: November 2 - December 17
Register online: October 22 - October 31

January 2018 (Winter 1)

Class Dates: January 4 - February 14
Register online: December 18 - January 2

Feb/March 2018 (Winter 2)

Class Dates: February 23 - April 16
Register online: February 15 - February 21

Schedule subject to change, classes may be cancelled or combined due to low enrollment.

Fees and details

6 class series (30-minute lesson) - \$102-\$108
6 class series (45-minute lesson) - \$153-\$159

- ◆ There are **no make up lessons or refunds** for missed lessons
- ◆ \$10 service fee, after online registration closes.
- ◆ \$5 transfer fee will be charged for transferring class, unless a transfer slip is given to you by an instructor. No transfers requests can be made after the 2nd class has met.

Fees cover six lessons, use of rental skates during lessons, and practice card. Practice sessions must be taken during the course of the current lesson series and include skate rental, cards cannot be replaced if lost, are non-transferable and non-refundable.

Registration Information & Refund Policy

Register online at www.ActiveMontgomery.org, in person or see guide for more details. Ensure your ActiveMONTGOMERY account has an up to date email address to receive information.

Fees must be paid at time of registration. Visa, Mastercard, Amex and Discover are accepted in person or online. Checks payable to ActiveMONTGOMERY (\$35 fee for returned checks) also accepted.

A 100% credit will be issued to your ActiveMONTGOMERY Account if you submit a withdrawal request at least 5 business days prior to the start of class. A refund, minus a \$25 administrative fee, will be issued to you if you request a refund less than 5 days prior to the start of class.

Any refund or credit requests submitted once classes have started are subject to a \$25 administrative fee. However, once the second class has started, no refunds or credits will be issued

Inclement Weather Policy

We follow Montgomery County government closings, not school closings. Please log on to our website at www.cabinjohnice.com or call us at 301-765-8620 for up-to-date information regarding closures. Please note: If our building loses power, our phones will not work and you will hear a busy signal. Refer to the website for important information.

Learn to Skate

Where should I start?

Ages 3-5

Snowplow Sam 1

Snowplow Sam 2

Snowplow Sam 3

Snowplow Sam 4

Or try a Parent & Tot Class

Ages 6-12

Basic 1

Basic 2

Basic 3

Basic 4

Basic 5

Basic 6

Ages 13 +

Teen & Adult 1

Teen & Adult 2

Teen & Adult 3

Teen & Adult 4

Figure Skating

Pre Free Skate

Free Skate 1

Free Skate 2

Free Skate 5

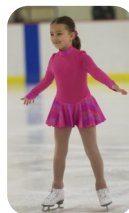
Free Skate 4

Free Skate 3

Free Skate 6



Specialty Freestyle classes:



Jumping, Spins

Edges & Power, Ice Dancing

Theatre On Ice

Curriculum

For more in depth information & Free Skate curriculum visit cabinjohnice.com or learntoskateusa.com



Snowplow Sam 1/Parent & Tot
On & Off ice fall down & stand up, Marching, Dip in place, 2 foot glide

Snowplow Sam 3
Stroking, 1-foot glide, Forward & backward swizzles, Curves, Snowplow Stop

Snowplow Sam 2
March forward & long glide, Moving Dip, Backward wiggles, Forward swizzles, Beginning stop

Snowplow Sam 4
Forward skating, Backward 2 foot glide, Backward swizzles, Rocking horse, Two foot turns, Hop

Basic 1

Fall down & stand up, March forward, 2-foot glide, Moving Dip, Forward swizzles, Backward wiggles, Snowplow Stop

Basic 2 (Ages 4-12 if completed Snow plow 4)

Scooter pushes, Forward 1 foot glides R & L, Backward 2-foot glide, Backward swizzles, 2-foot turn in place, Moving snowplow stop, Rocking horse

Basic 3

Forward stroking, Forward half swizzle pumps on a circle, Moving forward to backward two-foot turns, Beginning backward one-foot glides, Forward slalom, Backward snowplow stop

Basic 4

Forward outside & inside edges on a circle, Forward crossovers, Backward half swizzle pumps on a circle, Backward one foot glides, Beginning two foot spin, Forward lunge

Basic 5

Backward outside and inside edges on a circle, Backward crossovers, Forward outside three turns, Advanced two foot spin, Hockey stop

Basic 6

Forward inside 3-turns, Moving backward to forward two-foot turns on a circle, Backward stroking, Beginning one foot spin, T-stop, Bunny hop, Forward spiral on a straight line

Ice Hockey

Advanced Hockey Classes

Scrimmage

Goalie Class

Offensive Strategies

Game Strategy

Passing & Shooting



Ages 14 +

Passed Teen & Adult 1 in Hockey Skates

Teen & Adult Introductory Hockey

Teen & Adult Advanced Hockey

Ages 4-8 & 9-14

Passed Basic 1 or Snowplow Sam 4 in hockey skates

Hockey 1

Hockey 3

Hockey 2

Hockey 4

Power Hockey

Hockey 1

Falling & recovery, Hockey stance, Forward march, Two foot glide & dip, Double c-cuts, T-push, Stationary snowplow stop

Hockey 2

Forward stride, One foot push & glide, Forward & backward C-cuts, Backward march & glide, Moving snowplow stop

Hockey 3

Lateral crossover March, C-cuts on a circle, Forward inside edges, Backward stops, one foot moving forward stop

Hockey 4

Quick V starts, Backward one foot glide, Forward & backward crossover glides, Forward & backward crossovers, Hockey stops

Power Hockey

Powerful backward C-cuts, Alternating crossovers (forward & backward), forward power hockey turns (180 & 360 degrees), Lateral pivots, Fast stops and starts, Fast backward skating with V stops.



Teen & Adult 1

Falling & recovery, March & glide, Forward & backward swizzles, Rocking Horse, Snowplow stop, Backward skating, Forward 1 foot glides, 2 feet forward curves, 2 foot turn in place

Teen & Adult 2

Forward stroking, Forward pumps on a circle, Moving two foot turns, Backward skating, Forward pivot, Forward chasses on a circle, Backward snowplow stop

Teen & Adult 3

Forward edges, Forward crossovers, Backward one foot glides, Backward pumps on a circle, Hockey stops

Teen & Adult 4

Forward outside three turns, Backward edges, Backward crossovers, Forward swing rolls, Beginning two foot spins

Teen & Adult Advanced

Inside three turns, Power pulls, T-stop, Lunge, Advanced crossovers, Spins