

Public Sessions Schedule

Effective August 9-December 23, 2010

Mondaynoon-2pm

Tuesdaynoon-2pm

Wednesdaynoon-2pm

Thursdaynoon-2pm

Cancelled Nov 25, Thanksgiving

Friday . . . 3:30-5:30pm *Cancelled Nov 26*

.....8-10pm

Cancelled Aug 20 and Nov 26 due to Silver Sticks Hockey Tournament

Saturday2-4pm

(Saturday, Nov 27 from 2-3:30pm)

Sunday1:15- 3:15pm

Cancelled Nov 28 due to Silver Sticks Hockey Tournament

.....7-:30-9:30pm

All sessions are subject to change.

For further information, please call 410-730-0322

or check our website www.columbiaicerink.net for updates.

Rink closed Nov 25, Thanksgiving and December 25, Christmas

COMING EVENTS

- **Nutcracker on Ice**
Presented by Columbia Figure Skating Club
December 11 and 12

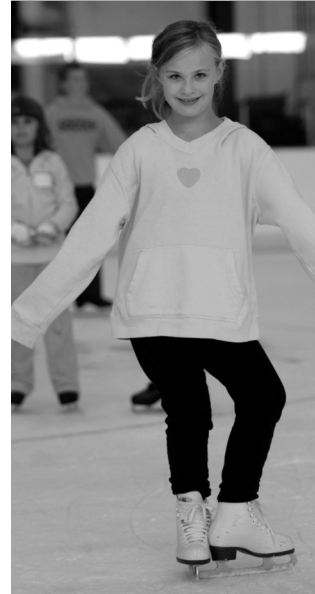
COMING LEARN TO SKATE SESSIONS

- **Session Three** January
- **Session Four** Late February


Columbia
association
COLUMBIA ICE RINK
5876 Thunder Hill Road
Columbia, MD 21045

Session 1 Sep 7-Oct 24
Session 2 Oct 26-Dec 19
No classes Nov 23-29

FALL 2010
SCHEDULE



The Chesapeake Skating School at The Columbia Ice Rink
Learn to Skate

 **columbia**
association

Early Registration Discount!

\$97 for Package Plan Members,
\$106 for Non CA Members,
if completed by **4pm on Sep 2** for Session 1
or by **4pm on Oct 23** for Session 2.

Learn to Skate Registration

Name _____

Age _____

Parent Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Work/Cell Phone _____

Email _____

Other Family Member Taking Class _____

Skating Experience: Never skated Skating without lessons

Session One Sep 7-Oct 24, 2010

Session Two Oct 26-Dec 19, 2010 No classes on Nov 23-29

Class Level _____

Day _____ Time _____

COST: CA Mbrs, \$107

Non-CA Mbrs, \$116

Charge the following credit card: Visa, MC, Discover, AMEX

Card # _____

Expiration Date _____ Amount _____

Name on Card _____

Signature _____

CA Member # _____

Check # _____ Amount _____

PLEASE READ CAREFULLY, SIGN AND DATE

In connection with the use of and/or participation in the Learn To Skate Program at Columbia Association's Columbia Ice Rink, I understand and voluntarily assume all risks inherent in the nature of this activity. I release the representatives, and employees from any and all claims, liabilities, loss, damage, expense (including court costs and attorney fees) arising out of _____'s (please print clearly) participation in the Program except to the extent that such a claim, liability, loss, damage, or expense is caused solely by the negligence of the Columbia Association, its officers, agent, or employees. I further waive all claims, and costs in the Program except to the extent that such costs, expenses, liabilities, and judgements arise solely out of negligence or the Columbia Association, its officers, agent, or employees.

Signature of Parent or Guardian _____ Date _____

THE GOAL OF THE LEARN TO SKATE PROGRAM IS TO HELP STUDENTS DEVELOP THE SKILLS NEEDED TO FULLY ENJOY THE SPORT OF ICE SKATING.

The Columbia Ice Rink's **US Figure Skating Learn to Skate Program**, taught by The Chesapeake Skating School, has been formed to provide a fun, safe atmosphere for all students (age 3 and above) to learn how to ice skate. The **Tot** and **Basic 1-6** levels are geared towards the fundamentals of skating and develops the skills that are necessary for recreational, figure, ice hockey and speed skating. The **Basic 7**, **Basic 8** and **Freestyle** levels develop the skills necessary for advancement into figure skating.

Each student will receive one 25-minute lesson per week for seven weeks, the use of rental skates, and seven public session practice passes.

Refunds are permitted prior to the start of a session only and are subject to a \$20 administrative fee.

All students 5 years and younger **MUST** wear a helmet while on the ice.

Classes may be canceled due to inclement weather. For more information please call 410-730-0322.

Learn to Skate

SESSION 1: SEP 7-OCT 24

SESSION 2: OCT 26-DEC 19 No classes Nov 23-29

Tot 1 through 3

- For children ages 3-5 years old.
- Fundamentals taught in an age appropriate style.
- ALL students **MUST** wear a helmet while on the ice! (A bicycle helmet works well.)

Basic 1-6 Levels

- Ages 6 through adult or passed Tot 3.
- Students are taught the fundamentals of skating for the development of a recreational and/or competitive sport.

Basic 7-8 and Freestyle Levels 1-6

- Students will further develop their edging, spinning and jumping techniques.
Prerequisite: Advancement through Learn to Skate program or placement testing.

New Dance/Pair Class!

- The Chesapeake Skating school is proud to announce a new Dance/Pair class. This class is offered to boys and girls who have passed Basic 5 and higher in the Learn to Skate program and would like to experience an alter native way to improve their skating skills by focusing on the fundamentals of ice skating through edge quality, body awareness and improved control. Participants will learn how to apply their skills by skating ot varying tempos and musical rhythms. Taught by Olympic ice dancer Genrikh Sretenski.

Schedule

● TUESDAY

10:30am Tot 1, 2, 3

1pm Tot 1, 2, 3

● WEDNESDAY

4:30pm

Basic 5, 6, 7, 8

All Freestyles

5pm

Tots 1, 2, 3

Basic 1, 2, 3, 4, 5, 6

5:30pm

Tots 1, 2, 3

Basic 1, 2, 3, 4

● FRIDAY

4:30pm

Basic 1, 3, 4

5pm

Basic 2, 5, 6, 7, 8

● SATURDAY

10:15am

Tot 1, Basic 1, 2, 3, 4

10:45am

Tot 1, 2, 3

Basic 1, 2, 3, 4

11:15am

FS 1, 2, 3, 4, 5, 6

Axel Class

Basic 5, 6, 7, 8

11:40am

Jump/Spin Class

Dance/Pair Class

● SUNDAY

7:30pm Beginning Adult

8pm Intermediate Adult

FYI

Order your Basic Skills Record Book (\$10) at the front desk, membership with U.S. Figure Skating is included.

Tips & Suggestions

REGISTRATION/QUESTIONS

- **Early registration required for discount!**
- You may register by phone at 410-730-2269 or 410-730-0322.
- For all questions, please call 410-730-2269.

CLOTHING

- **If your child is 5 years or younger, he/she must wear a helmet. (A bicycle helmet works well.)**
- Wear warm, stretchy/roomy clothing.
- Pant cuffs longer than the heel of the skate can make your child trip and fall on the ice.
- Wear a hat or ear warmers, and gloves or mittens. Note: most of your body heat is lost through the top of your head.
- Boys should wear thin socks; Girls should wear tights; Adults should wear stockings.

SKATE RENTAL

- **Pick skates that are 1/2 a size smaller than your child's regular shoe size.** Try the skates on. If you have any trouble fitting your child with skate, please let us know.
- When you find the correct size skates and get them on, double check the laces to be sure they are tight and not dangling below the heel of the skate.

SKATE CARE

- **Wipe blades dry with a soft cloth to prevent rusting.**
- Always wear shoes or skates in the warm-up room. Skates are sharp. Be careful!

LESSON DAY

- First day of class, please arrive a half-hour prior to class start.
- **Arrive early so your child will be ready when class starts.**
- You can check out rental skates early — take advantage!

MISSED LESSONS

- **Only one make up class is allowed. Make-up classes are not allowed on Fridays, also not on the first or last class of the session.**

IMPORTANT REMINDER

- In case of emergency and to allow skaters full access to and from the ice, **all non-skaters must stay away from the entrance and exit doors to the ice.**
- All skating parents, watch your children from the bleachers.

PRACTICE ICE

- Six free admissions to public sessions, skate rental not included, expire one week after the session ends. No practice allowed during group lesson time.

PROBLEMS

- **If you have any problems, please contact Denise Cahill at 410-730-2269 as soon as possible .**