



# Fall 2 Ice Hockey Classes and Clinics

## Cabin John Ice Rink

**Classes: November 4-December 20 (six-week session)**

No classes November 25-29 (Thanksgiving)

Online registration at [www.ActiveMontgomery.org](http://www.ActiveMontgomery.org). Registration opens October 27

Six week session of classes at Cabin John Ice Rink. Please read course description to find appropriate skill level and determine your level's practice ice assignments. Hockey 1 and 2 will have assigned practice times. Hockey 3, 4, Advanced, and Teen and Adult will not have scheduled practice time but will pay a reduced fee this series since we are not able to hold public skate times.

**Hockey 1:** Prerequisite: Passed Youth Ice Skating 1 or Preschool Ice Skating 4. Skater will learn falling and getting up in hockey skates, proper stance, march forward across the ice, 8-10 steps, forward two-foot glide, dip, forward swizzles, T-push to a two-foot glide, front to back turns, and snowplow stop. Fee includes skate rental. Equipment required: Caged hockey helmet, shin guards, hockey gloves, flat stick cut to skater's height, and hockey skates. Practice time is built into class time due to not holding public skating sessions at this time. Fee is \$108.

Course #	Day	Start Date	Instruction Time	Practice Time	Rink
101098	Wednesday	November 4	3:30-4:00 pm	4:00-4:30 pm	Studio
101099	Saturday	November 7	10:00-10:30 am	10:30-11:00 am	Studio
101100	Sunday	November 8	2:45-3:15 pm	3:15-3:45 pm	Studio
101101	Tuesday	November 10	4:45-5:15 pm	4:15-4:45 pm	NHL

**Hockey 2:** Prerequisite: Passed Hockey 1. Skaters will learn strides using 45-degree v push, forward one-foot push and glides, forward alternating C-cuts, backward hustles to glides on two feet, backward swizzles, backward alternating C-cuts, moving skateboard push, and moving snowplow stop. Fee includes skate rental. Equipment required: Caged hockey helmet, shoulder pads, elbow pads, shin guards, hockey gloves, flat stick cut to skater's height, and hockey skates; protective cup and mouthguard recommended. Fee is \$108.

Course #	Day	Start Date	Instruction Time	Practice Time	Rink
101102	Wednesday	November 4	4:30-5:00 pm	4:00-4:30 pm	Studio
101104	Saturday	November 7	11:00-11:30 am	10:30-11:00 am	Studio
101105	Sunday	November 8	3:45-4:15 pm	3:15-3:45 pm	Studio
101106	Tuesday	November 10	4:45-5:15 pm	4:15-4:45 pm	NHL

**Hockey 3:** Prerequisite: Passed Hockey 2. Skaters will learn lateral crossover march, forward C-cuts on a circle, forward outside and inside edges on half circles, backward C-cuts, backward snowplow stops, forward stop-starts, and one-foot forward snowplow stops. Fee includes skate rental. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, curved stick cut to skater's height, and hockey skates. Currently, we are not able to offer public skating sessions for practice. Class fee is reduced for this session to accommodate this. Fee is \$155.

Course #	Day	Start Date	Instruction Time	Rink
101108	Wednesday	November 4	5:15-6:00 pm	Studio
101904	Saturday	November 7	7:45-8:30 am	Olympic
101114	Tuesday	November 10	5:05-5:50 pm	Studio

**Cabin John Ice Rink**

10610 Westlake Drive, Rockville, MD 20852

(301) 765-8620 [www.CabinJohnIce.org](http://www.CabinJohnIce.org)

**Hockey 4:** Prerequisite: Passed Hockey 3. Skaters will learn quick starts using V-starts, backward one-foot glides, forward and backward crossovers, forward to backward Mohawk pivots, and hockey stops. Fee includes skate rental. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, curved stick cut to skater's height, and hockey skates. Currently, we are not able to offer public skating sessions for practice. Class fee is reduced for this session to accommodate this. Fee is \$155.

<b>Course #</b>	<b>Day</b>	<b>Start Date</b>	<b>Instruction Time</b>	<b>Rink</b>
101118	Wednesday	November 4	6:00-6:45 pm	Studio
101905	Saturday	November 7	7:45-8:30 am	Olympic
101116	Tuesday	November 10	6:05-6:50 pm	Studio

**Hockey Advanced:** Prerequisite: Passed Hockey 4. Skaters will learn powerful backward C-cuts, alternating forward and backward crossovers, forward power hockey turns, lateral pivots, fast stops and starts, and fast backward skating with quick backward V-stops. Fee includes skate rental. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, stick cut to skater's height, and hockey skates. Currently, we are not able to offer public skating sessions for practice. Class fee is reduced for this session to accommodate this. Fee is \$155.

<b>Course #</b>	<b>Day</b>	<b>Start Date</b>	<b>Instruction Time</b>	<b>Rink</b>
101120	Wednesday	November 4	6:45-7:30 pm	Studio
101906	Saturday	November 7	7:45-8:30 am	Olympic
101117	Tuesday	November 10	6:55-7:40 pm	Studio

**Teen and Adult Hockey 2:** Prerequisite: Passed Teen & Adult Introductory Hockey. This class will focus on more advanced skating skills including backward crossovers, hockey stops, forward power hockey turns, fast stops & starts, backward V-stops, and forward to backward mohawk pivots. Skaters will also learn hockey techniques, rules, and game play including some scrimmage time. Fee includes skate rental. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, stick cut to skater's height. Currently, we are not able to offer public skating sessions for practice. Class fee is reduced for this session to accommodate this. Fee is \$155.

<b>Course #</b>	<b>Day</b>	<b>Start Date</b>	<b>Instruction Time</b>	<b>Rink</b>
101096	Wednesday	November 4	7:45-8:30 pm	Studio
101093	Wednesday	November 4	8:35-9:20 pm	Studio
101907	Saturday	November 7	7:45-8:30 am	Olympic

**Hockey Stickhandling and Passing:** Passed Hockey 1. This class focuses on proper technique for stickhandling and passing. Skaters will learn individual skills including proper grips and maneuvering with a puck as well as fundamental passing skills with other players. No game experience is needed. Fee is \$108 and includes skate rental. Equipment required: Full gear required.

<b>Course #</b>	<b>Ages</b>	<b>Day</b>	<b>Start Date</b>	<b>Class Time</b>	<b>Rink</b>
101910	5-8	Saturday	November 7	8:30-9:00 am	Olympic
101913	9-12	Saturday	November 7	8:30-9:00 am	Olympic
101914	13 and up	Saturday	November 7	8:30-9:00 am	Olympic

**Hockey Offensive Skills and Scrimmage:** Prerequisite: Passed Scrimmage or Hockey 2. Hockey offensive skills gives serious players more real-time, hands-on instruction. Learn the of stick handling, winning puck battles, goal scoring, and offensive plays with other players who want to excel. Full gear required. Fee is \$108 and includes skate rental.

<b>Course #</b>	<b>Ages</b>	<b>Day</b>	<b>Start Date</b>	<b>Class Time</b>	<b>Rink</b>
101909	5-8	Saturday	November 7	9:00-9:30 am	Olympic
101911	9-12	Saturday	November 7	9:00-9:30 am	Olympic
101912	13 and up	Saturday	November 7	9:00-9:30 am	Olympic