



# Fall 2 Ice Skating Classes

## 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. Youth Classes, Parent and Tot, Teen and Adult 1 and 2, Pre Free Skate, Free Skate 1 and 2 will have assigned practice times. Free Skate 3, 4, 5, 6, Spins, Jumping, and all Teen and Adult 3 and higher classes will receive an electronic group lesson card that can be used to register for either a freestyle session or an Adult Only freestyle session for your practice time. Class fees include skate rental

Please visit [www.CabinJohnIce.org](http://www.CabinJohnIce.org) for our most up to date COVID-19 rink guidelines. There will be no make-up classes allowed for any levels.

**Parent & Tot (for skaters ages 3-5):** Skating is fun, and great exercise for you and your child! This class teaches children ages 3-5 beginning skating skills with Mom or Dad right there to help them feel safe. Parents will need basic skating skills in order to skate with their child. Preschool skaters will learn how to sit and stand up on skates (off and on the ice); march in place; march forward; glide on two feet; and dip in place. Fee covers registration for child and parent, skate rental for child and parent, and practice time. Register only the child for the course. Equipment Required: Helmet & Gloves. Fee is \$108.

Course #	Day	Start Date	Instruction Time	Practice Time	Rink
101040	Wednesday	Nov. 4	1:30-2:00 pm	2:00-2:30 pm	NHL
101041	Wednesday	Nov. 4	4:30-5:00 pm	5:00-5:30 pm	NHL
101818	Friday	Nov. 6	11:00-11:30 am	11:30 am- Noon	Studio
101817	Friday	Nov. 6	4:00-4:30 pm	4:30-5:00 pm	Studio
101819	Saturday	Nov. 7	9:00-9:30 am	9:30-10:00 am	Studio
101042	Saturday	Nov. 7	11:45 am- 12:15 pm	12:15-12:45 pm	Studio
101043	Sunday	Nov. 8	12:30-1:00 pm	1:00-1:30 pm	Olympic

**Youth Ice Skating 1: (formerly Basic 1)** This class is for beginner skaters ages 6-12. Skaters will learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, dip, forward swizzles, backward wiggles, beginning snowplow stops, and a two-foot hop. Fee includes skate rental. Helmet and gloves are required (bike helmet is fine).

Course #	Day	Start Date	Instruction Time	Practice Time	Rink
101036	Wednesday	Nov. 4	1:30-2:00 pm	2:00-2:30 pm	NHL
101037	Wednesday	Nov. 4	4:30-5:00 pm	5:00-5:30 pm	NHL
101685	Friday	Nov. 6	4:00-4:30 pm	4:30-5:00 pm	NHL
101050	Saturday	Nov. 7	12:45-1:15 pm	1:15-1:45 pm	Studio
101820	Saturday	Nov. 7	2:15-2:45 pm	2:45-3:15 pm	Studio
101051	Sunday	Nov. 8	12:30-1:00 pm	1:00-1:30 pm	OLY
101813	Sunday	Nov. 8	2:00-2:30 pm	1:30-2:00 pm	Studio
101052	Monday	Nov. 9	5:00-5:30 pm	5:30-6:00 pm	NHL

**Cabin John Ice Rink**

**10610 Westlake Drive, Rockville, MD 20852**

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

**Youth Ice Skating 2: (formerly Basic 2)** Prerequisite: Passed Youth Ice Skating 1 or Preschool Ice Skating 4. This class is for skaters ages 4-12. Skaters will learn forward one-foot glides, backward two-foot glide, rocking horse, scooter pushes, backward swizzles, a two-foot turn from forward to backward in place, and a moving snowplow stop. Fee is \$108. Helmet and gloves are strongly recommended.

Course #	Day	Start Date	Instruction Time	Practice Time	Rink
101034	Wednesday	Nov. 4	1:30-2:00 pm	2:00-2:30 pm	NHL
101035	Wednesday	Nov. 4	4:30-5:00 pm	5:00-5:30 pm	NHL
101044	Thursday	Nov. 5	4:30-5:00 pm	5:00-5:30 pm	NHL
101045	Friday	Nov. 6	4:00-4:30 pm	4:30-5:00 pm	NHL
101821	Saturday	Nov. 7	12:30-1:00 pm	1:00-1:30 pm	Olympic
101684	Saturday	Nov. 7	1:45-2:15 pm	1:15-1:45 pm	Studio
101047	Sunday	Nov. 8	12:30-1:00 pm	1:00-1:30 pm	OLY
101048	Monday	Nov. 9	5:00-5:30 pm	5:30-6:00 pm	NHL
101049	Tuesday	Nov. 10	4:15-4:45 pm	4:45-5:15 pm	NHL

**Youth Ice Skating 3: (formerly Basic 3)** Prerequisite: Passed Youth Ice Skating 2. Skaters will learn forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, backward snowplow stop, forward slaloms, and forward pivot. Fee is \$108

Course #	Day	Start Date	Instruction Time	Practice Time	Rink
100991	Wednesday	Nov. 4	2:00-2:30 pm	1:30-2:00 pm	NHL
100993	Wednesday	Nov. 4	5:00-5:30 pm	4:30-5:00 pm	NHL
100994	Thursday	Nov. 5	4:30-5:00 pm	5:00-5:30 pm	NHL
100995	Friday	Nov. 6	4:00-4:30 pm	4:30-5:00 pm	NHL
100996	Saturday	Nov. 7	12:30-1:00 pm	1:00-1:30 pm	Olympic
100997	Sunday	Nov. 8	1:30-2:00 pm	1:00-1:30 pm	Olympic
100998	Monday	Nov. 9	5:00-5:30 pm	5:30-6:00 pm	NHL
101009	Tuesday	Nov. 10	4:15-4:45 pm	4:45-5:15 pm	NHL

**Youth Ice Skating 4: (Formerly Basic 4)** Prerequisite: Passed Youth Ice Skating 3. Skaters will learn forward outside and inside edges on a circle (R and L), forward crossovers, backward half-swizzle pumps on a circle, backward one-foot glides, beginning two-foot spin, and forward lunges. Fee is \$108.

Course #	Day	Start Date	Instruction Time	Practice Time	Rink
100999	Wednesday	Nov. 4	2:00-2:30 pm	1:30-2:00 pm	NHL
101000	Wednesday	Nov. 4	5:00-5:30 pm	4:30-5:00 pm	NHL
101001	Thursday	Nov. 5	4:30-5:00 pm	5:00-5:30 pm	NHL
101002	Friday	Nov. 6	4:00-4:30 pm	4:30-5:00 pm	NHL
101003	Saturday	Nov. 7	12:30-1:00 pm	1:00-1:30 pm	Olympic
101004	Sunday	Nov. 8	1:30-2:00 pm	1:00-1:30 pm	Olympic
101007	Tuesday	Nov. 10	4:15-4:45 pm	4:45-5:15 pm	NHL

**Youth Ice Skating 5: (formerly Basic 5)** Prerequisite: Passed Youth Ice Skating 4. Skaters will learn backward outside and inside edges on a circle (R and L), backward crossovers, forward outside three-turns, advanced two-foot spin, hockey stop, and side toe hop. Fee is \$108.

Course #	Day	Start Date	Instruction Time	Practice Time	Rink
101011	Wednesday	Nov. 4	2:00-2:30 pm	1:30-2:00 pm	NHL
101012	Wednesday	Nov. 4	5:00-5:30 pm	4:30-5:00 pm	NHL
101014	Thursday	Nov. 5	4:30-5:00 pm	5:00-5:30 pm	NHL
101015	Friday	Nov. 6	4:00-4:30 pm	4:30-5:00 pm	NHL
101016	Saturday	Nov. 7	12:30-1:00 pm	1:00-1:30 pm	Olympic
101018	Sunday	Nov. 8	1:30-2:00 pm	1:00-1:30 pm	Olympic
101814	Tuesday	Nov. 10	4:45-5:15 pm	4:15-4:45 pm	NHL

**Youth Ice Skating 6 (formerly Basic 6)** Prerequisite: Passed Youth Ice Skating 5. Skaters will learn forward inside three-turns, moving backward to forward two-foot turns on a circle, backward stroking, T-stop, bunny hops, forward spiral on a straight line, beginning one-foot spin, and shoot the duck. Fee is \$162.

Course #	Day	Start Date	Instruction Time	Practice Time	Rink
101020	Thursday	Nov. 5	4:00-4:45 pm	5:00-5:30 pm (NHL)	Studio
101022	Friday	Nov. 6	5:30-6:15 pm	5:00-5:30 pm	NHL
101024	Saturday	Nov. 7	11:15 am- Noon	Noon-12:30 pm	Olympic
101027	Sunday	Nov. 8	11:00-11:45 am	11:45 am- 12:15 pm	Studio
101029	Monday	Nov. 9	5:30-6:15 pm	5:00-5:30 pm	NHL

**Pre Free Skate:** Prerequisite: Passed Youth Ice Skating 6. Skaters will learn forward inside open mohawk, backward outside edge to forward outside edge transition on a circle, ballet jump, backward crossovers to backward outside edge glides, combination step sequences, one-foot upright spin, mazurka, and waltz jump. Fee is \$162.

Course #	Day	Start Date	Instruction Time	Practice Time	Rink
101066	Thursday	Nov. 5	4:45-5:30 pm	5:30-6:00 pm	Studio
101067	Friday	Nov. 6	5:30-6:15 pm	5:00-5:30 pm	NHL
101068	Saturday	Nov. 7	11:15 am- Noon	Noon-12:30 pm	Olympic
101069	Sunday	Nov. 8	12:15-1:00 pm	11:45 am- 12:15 pm	Studio
101070	Monday	Nov. 9	5:30-6:15 pm	5:00-5:30 pm	NHL

**Free Skate 1:** Prerequisite: Passed Pre Free Skate. Learn forward power stroking, forward outside & inside consecutive edges, backward outside three-turns, upright one-foot spin from back crossovers, half flip, toe loop, and waltz jump combinations. Fee is \$162.

Course #	Day	Start Date	Instruction Time	Practice Time	Rink
101072	Thursday	Nov. 5	6:00-6:45 pm	5:30-6:00 pm	Studio
101073	Friday	Nov. 6	5:30-6:15 pm	5:00-5:30 pm	NHL
101074	Saturday	Nov. 7	11:15 am- Noon	Noon-12:30 pm	Olympic
101075	Monday	Nov. 9	5:30-6:15 pm	5:00-5:30 pm	NHL

**Free Skate 2:** Prerequisite: Passed Free Skate 1. Skaters will learn basic back outside and back inside consecutive edges, forward outside and inside spirals on an axis, backward inside three-turns, beginning back spin, half lutz, and salchow. Fee is \$162.

Course #	Day	Start Date	Instruction Time	Practice Time	Rink
101076	Friday	Nov. 6	5:30-6:15 pm	5:00-5:30 pm	NHL
101077	Saturday	Nov. 7	11:15 am- Noon	Noon-12:30 pm	Olympic
101078	Monday	Nov. 9	5:30-6:15 pm	5:00-5:30 pm	NHL

**Free Skate 3:** Prerequisite: Passed Free Skate 2. Skaters will learn alternating back crossovers to backward outside edges, alternating mohawk/crossover sequence, waltz three turns, advanced back spin, loop jump, waltz jump/toe loop combination and salchow/toe loop combination. A practice card membership good for punch pass freestyle sessions comes with this class to be used for practice time. Fee is \$162

Course #	Day	Start Date	Instruction Time	Rink
101086	Friday	Nov. 6	5:00-5:45 pm	Studio
101081	Saturday	Nov. 7	10:30-11:15 am	Olympic
101087	Monday	Nov. 9	4:15-5:00 pm	Studio

**Free Skate 4:** Prerequisite: Passed Free Skate 3. Skaters will learn forward power three-turns, waltz eight, forward upright to backward upright spin, sit spin, half loop, flip, and split jump. A practice card membership good for punch pass freestyle sessions comes with this class to be used for practice time. Fee is \$162.

<b>Course #</b>	<b>Day</b>	<b>Start Date</b>	<b>Instruction Time</b>	<b>Rink</b>
101088	Friday	Nov. 6	5:50-6:35 pm	Studio
101082	Saturday	Nov. 7	10:30-11:15 am	Olympic
101089	Monday	Nov. 9	5:05-5:50 pm	Studio

**Free Skate 5:** Prerequisite: Passed Free Skate 4. Skaters will learn backward power three-turns, five-step mohawk sequence, camel spin, waltz jump/loop jump combination, lutz, and loop/loop jump combination. A practice card membership good for punch pass freestyle sessions comes with this class to be used for practice time. Fee is \$162

<b>Course #</b>	<b>Day</b>	<b>Start Date</b>	<b>Instruction Time</b>	<b>Rink</b>
101083	Saturday	Nov. 7	10:30-11:15 am	Olympic
101090	Monday	Nov. 9	5:55-6:40 pm	Studio

**Free Skate 6:** Prerequisite: Passed Free Skate 5. Skaters will learn forward power pulls, creative step sequence, camel/sit spin combination, layback or cross foot spin, waltz jump/half loop/salchow combination, axel exercises, and backward outside pivot. Fee includes skate rental. A practice card membership good for punch pass freestyle sessions comes with this class to be used for practice time. Fee is \$162

<b>Course #</b>	<b>Day</b>	<b>Start Date</b>	<b>Instruction Time</b>	<b>Rink</b>
101084	Saturday	Nov. 7	10:30-11:15 am	Olympic
101091	Monday	Nov. 9	6:45-7:30 pm	Studio

**Spins 2:** Passed Spins 1 or Free Skate 4. In this class, skaters will work on change foot spins, back scratch spins, attitude spins, camel spins, and camel-sit spin combinations, and work on new positions for your future spins. A practice card membership good for punch pass freestyle sessions comes with this class to be used for practice time. Fee is \$108.

<b>Course #</b>	<b>Day</b>	<b>Start Date</b>	<b>Instruction Time</b>	<b>Rink</b>
101825	Saturday	Nov. 7	10:00-10:30 am	Olympic

**Spins 3:** Prerequisite: Passed Spins 2 or Free Skate 5. In this class, skaters will work on change foot sit and camel spins, layback spins, flying camel spins, flying sit spins, and advanced sit and camel spin feature positions. A practice card membership good for punch pass freestyle sessions comes with this class to be used for practice time. Fee is \$108.

<b>Course #</b>	<b>Day</b>	<b>Start Date</b>	<b>Instruction Time</b>	<b>Rink</b>
101826	Saturday	Nov. 7	10:00-10:30 am	Olympic

**Jumping 2:** Prerequisite: Passed Jumping 1 or Free Skate 4. In this advanced class, work on split or stag jump, flip, lutz, and axel preparation and jump. Build combo jumps with a loop jump. A practice card membership good for punch pass freestyle sessions comes with this class to be used for practice time. Fee is \$108.

<b>Course #</b>	<b>Day</b>	<b>Start Date</b>	<b>Instruction Time</b>	<b>Rink</b>
101823	Saturday	Nov. 7	11:15 am- 11:45 am	Olympic

**Jumping 3:** Prerequisite: Passed Jumping 2 or Free Skate 5. In this advanced class, work on two and three jump combinations, axel, walleyes, and connecting footwork into jumps. Fee includes skate rental. A practice card membership good for punch pass freestyle sessions comes with this class to be used for practice time. Fee is \$108.

<b>Course #</b>	<b>Day</b>	<b>Start Date</b>	<b>Instruction Time</b>	<b>Rink</b>
101824	Saturday	Nov. 7	11:15 am- 11:45 am	Olympic