



Fall 2 Teen and Adult 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. Registration opens October 27

Six week session of classes at Cabin John Ice Rink. Please read the course description to find appropriate skill level and determine your level's. Teen and Adult 1 and 2 will have assigned practice times. Teen and Adult 3 and higher classes will receive an electronic group lesson card that can be used to register for either a Mixed Use Freestyle session or an Adults Only freestyle session for your practice time. Class fees include skate rental.

Please visit www.CabinJohnIce.org for our most up to date COVID-19 rink guidelines. There will be no make-up classes allowed for any levels.

Teen and Adult 1: (age 13 and up) This class is for beginner teen & adult skaters. Learn falling & recovery, forward marching, forward two-foot glide, forward swizzles, one forward/one backward swizzle, dip, and forward snowplow stop. Fee is \$108. Helmet & gloves are strongly recommended.

Course #	Day	Start Date	Instruction Time	Practice Time	Rink
101815	Friday	Nov. 6	5:30-6:00 pm	5:00-5:30 pm	NHL
101812	Sunday	Nov. 8	1:00-1:30 pm	1:30-2:00 pm	Studio

Teen and Adult 2: Prerequisite: Passed Teen and Adult Ice Skating 1. Learn forward skating, forward one-foot glides, forward slalom, backward skating, backward swizzles, and two-foot turns in place. Fee is \$108.

Course #	Day	Start Date	Instruction Time	Practice Time	Rink
101816	Friday	Nov. 6	5:30-6:00 pm	5:00-5:30 pm	NHL

Teen and Adult 3: Prerequisite: Passed Teen and Adult Ice Skating 2. Learn forward stroking, forward half-swizzle pumps on circle, moving forward to backward and backward to forward two-foot turn on a circle, backward skating & glide, forward chasses on a circle, and backward snowplow stop. Skaters will receive an electronic practice card that may be used on the Adults only Freestyle sessions for practice. Fee is \$162

Course #	Day	Start Date	Instruction Time	Rink
101125	Thursday	Nov. 5	7:00-7:45 pm	Studio
101122	Saturday	Nov. 7	9:45-10:30 am	Olympic

Teen and Adult 4: Prerequisite: Passed Teen and Adult Ice Skating 3. Learn forward outside & inside edges on a circle, forward crossovers, backward one-foot glides, backward half swizzle pumps on a circle and hockey stop. Skaters will receive an electronic practice card that may be used on the Adults only Freestyle sessions for practice. Fee is \$162

Course #	Day	Start Date	Instruction Time	Rink
101129	Thursday	Nov. 5	7:00-7:45 pm	Studio
101126	Saturday	Nov. 7	9:45-10:30 am	Olympic

Cabin John Ice Rink
10610 Westlake Drive, Rockville, MD 20852
(301) 765-8620 www.CabinJohnIce.org

Teen and Adult Advanced: Prerequisite: Passed Teen and Adult Ice Skating 4. Learn back edges on a circle, backward crossovers, outside three-turn, swing rolls, advanced stroking with crossovers forwards & backwards, forward inside three-turns, forward outside to inside change of edge power pulls, T-stop, Lunge, and two-foot to one-foot spins. Skaters will receive an electronic practice card that may be used on the Adults only Freestyle sessions for practice. Fee is \$162.

Course #	Day	Start Date	Instruction Time	Rink
101131	Thursday	Nov. 5	7:45-8:30 pm	Studio
101127	Saturday	Nov. 7	9:45-10:30 am	Olympic

Teen and Adult Free Skate: Prerequisite: Passed Teen and Adult Ice Skating Advanced. This class will focus on introductory free skating skills including beginner jumps and spins. Skater will receive an electronic practice card that may be used on the Adults only Freestyle sessions for practice. Fee is \$162.

Course #	Day	Start Date	Instruction Time	Rink
101128	Saturday	November 7	9:45-10:30 am	Olympic

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.

Course #	Day	Start Date	Instruction Time	Rink
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