

## LEARN TO SKATE LESSON SCHEDULE

Session 1 (\*6 Weeks\*) \$105  
**Wednesday or Saturday**  
 Nov-15 Nov-18  
 Nov 22 Nov 25  
 Nov 29 Dec-2  
 Dec-6 Dec-9  
 Dec-13 Dec-16  
 Dec-20 Dec-23

Session 2 (\*5 Weeks\*) \$90  
**Wednesday or Saturday**  
 Jan - 3 Jan-6  
 Jan-10 Jan-13  
 Jan-17 Jan-20  
 Jan-24 Jan-27  
 Jan-31 Feb-3

Session 3 "Boot Camp Special"  
 (\*3 Weeks\*)  
 3 classes \$54  
 6 classes \$105  
**Wednesday or Saturday**  
 Feb -7 Feb-10  
 Feb-14 Feb-17  
 Feb-21 Feb-24

## CLASS HOURS

**Wednesday**  
 5:00PM- Penguin I,  
 Penguin II and Adult I  
 (Beginner)  
 5:30PM- Basic Skating,  
 Stroking, Crossover 1,2  
 Turns, Adult 2 (Advance)

**Saturday**  
 10:00AM- Penguin I  
 Penguin II and Adult I  
 (Beginner)  
 10:30AM- Basic Skating,  
 Stroking, Crossover 1,2  
 Turns, Adult 2 (Advance)

**Semi-Private and Private Lessons Available**  
 Minimum 6 and maximum 12 children or  
 adults per class.

### GROUP LESSON REGISTRATION

Payments should be made in person at Visitor's  
 Center (tell gate attendant you are just dropping  
 off payment). Make checks payable to AACO.  
 Please, print out Skating Lessons Application @  
[www.sk8amir.com](http://www.sk8amir.com)/QWP Ice Skating Programs.  
 Applications will be handled on a first come-first-  
 served basis. **Schedule is subject to change.**  
 Late registrations will be accepted if space is  
 available. NO REFUNDS WILL BE GIVEN. Classes  
 (30 min each) offered in (6) week series for \$105.  
 Second session offers 5 week classes for \$90. You  
 may sign up for 2 or more classes per series and  
 receive a discount (2<sup>nd</sup> class \$95, 3<sup>rd</sup> \$90 for 6 week  
 classes and \$85 and \$80 for 5 week classes).  
 Discounts apply for siblings also (2<sup>nd</sup> \$95, 3<sup>rd</sup> \$90).  
 Session 3 weeks "boot camp special" offers same  
 programs in 3 weeks format: for \$54 for 3 classes  
 and \$105 for 6 classes.  
 For additional information call or email:  
 240-461-8921 go2sk8@sk8amir.com

## MANEUVERS ON ICE (brief description)

**Penguin I Ages 4-5, Penguin II Ages 6 and up.**  
 1. Proper body alignment, 2. Marching,  
 3. Gliding on both feet, 4. Tip-toes, 5. Pre-  
 swizzles, 6. Deep knee bend skating on both  
 feet.

**Basic Skating: Ages 6 and up**  
 1. Proper body alignment, 2. Swizzles and wiggles forward (f)  
 3. Swizzles and wiggles backward (b), 4. One  
 foot glide straight line on right and left feet,  
 5. Alternating pushes right and left, 6. Snow  
 plow stop.

**Stroking:** 1. Push from right to left, 2. Push  
 from left to right. 3. Stroking. 4. Scooters  
 (chasse) clockwise/counter clockwise forward  
 5. Half swizzles clockwise/counter clockwise  
 backward, 6. T-Stop

**Crossovers 1, 2:** 1. Chasse (forward scooter  
 clockwise) 2. Chasse (forward scooter  
 counterclockwise) 3. Crossovers forward  
 clockwise, 4. Crossovers Plow Stop left foot,  
 6. Snow Plow Stop right foot.

**Edges 1, 2:** 1. Skating on Hockey circle right  
 forward outside RFO edge, 2. Skating on  
 Hockey circle left forward outside LFO edge,  
 3. Same on right forward inside RFI edge, 4.  
 Left forward inside LFI edge, 5. RFO/LFO  
 edges, 6. RFI/LFI edges (5-6 maneuvers must  
 be performed on half circles consecutively).

**Turns 1, 2:** 1. Right forward outside 3 turn  
 RFO3, 2. Left forward outside 3 turns LFO3, 3.  
 Right forward inside 3 turn RFI3, 4. Left  
 forward inside 3 turn LFI3, 5. Right forward  
 inside Mohawk RFIMO, 6. Left forward counter  
 clockwise, 5. Left forward inside Mohawk  
 LFIMO.

**Advanced:** Jumps and spins.

### **Additional Information:**

Levels may be combined if needed. Skaters may be moved to another class accordingly with their abilities.

Free entrance to QWP will be issued for the days when classes offered.

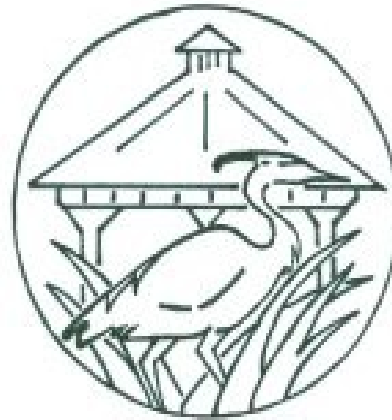
**Come at least 15 minutes before your lesson begins.** Rental skates will be available on the first come-first-served basis. Helmets and gloves recommended for the beginners. No one is allowed to stay on ice without skates.

**Dress warm!!!**

### ***Inclement Weather:***

We will reschedule lessons to another available class during same series in case of unforeseeable acts of nature. Please check the QWP ice rink status at Facebook page. We keep Facebook page always updated.

# Quiet Waters Park Ice Rink



## INFORMATION AND LEARN TO SKATE CLASS OFFERINGS

600 Quiet Waters Park Rd.

Annapolis, MD 21403

Phone: 410-222-1711

E-mail: [qwicerink@gmail.org](mailto:qwicerink@gmail.org)

**Instructor's phone: 240- 461-8921**

**E-mail: [go2sk8@sk8amir.com](mailto:go2sk8@sk8amir.com)**



### **Public Skating:**

#### **Hours of Operation:**

Monday – Friday 1:00 PM – 9:00 PM  
Closed Tuesday  
Saturday & Sunday 9:00 AM – 9:00 PM

#### **Cost:**

Adults - \$6.00  
12 and under - \$5.00  
Kids under 3 – Free  
Adult Groups 10 or more - \$5.00 each  
Children Groups 10 or more - \$4.00 each  
Skate Rental - \$3.00  
Skate Sharpening - \$6.00