



MID-ATLANTIC ICE DANCE COLLEGE

Located at:
The Gardens Ice House
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Laurel, Maryland 20707

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The Gardens Ice House and the Chesapeake Skating School
presents a new way to advance your figure skating skills
in a new team atmosphere with the
MID-ATLANTIC ICE DANCE COLLEGE

This new program provides you with an alternative to the typical “a la carte” programs of private lessons plus ice fees, therefore offering a more affordable way to advance your child's skating skills in a quality group format and furthering their progress in the sport of Figure Skating. Classes are offered 3 days a week on Monday, Wednesday, and Thursday from 3:00pm till 6:00pm.

The Mid-Atlantic Ice Dance College’s goal is to provide each young adult and child with an increased knowledge of Ice Dance and Figure Skating while acquiring the proper techniques to improve their skating skills. From the time they arrive at the rink until they leave, they will be engaged in a positive team atmosphere.

This program offers your child an opportunity to participate in 15 weekly group classes for only \$125 per week. Off-ice classes include Ballet/Jazz, Ballroom, and Conditioning along with On-ice classes in Stroking, Dance, Spins/Jumps, and Moves in the Field.

DAILY SCHEDULE*:

3:00pm: Off-ice class
Stretching and Ballet/Jazz
3:45pm: Prepare for On-ice class
4:00pm: On-ice class
4:00pm: Stroking
4:20pm: Dance/Spins/Jumps class
4:40pm: Moves in the Field class
5:00pm: Prepare for Off-Ice Conditioning
5:15pm: Off-ice class
Stretching, Aerobic and Strength Training

*Subject to change

Program Cost:
\$450.00 per month (4 weeks)
\$125.00 per week
\$50 per day

Classes start June 28th, 2010
For more information check us out on the web.
www.midatlanticicedancecollege.com/summerprogram

Coaches are members of the Professional Skaters Association (PSA), and U.S. Figure Skating (USFS), the governing body of Figure Skating and have completed all background check requirements.