



The Basic Skills program was developed by U.S. Figure Skating, which is the governing body of ice skating in the United States. U.S. Figure Skating is a member of the International Skating Union (ISU) and a member of the United States Olympic Committee.

The Gardens Sports US Figure Skating Learn to Skate Program, taught by The Chesapeake Skating School, has been formed to provide a fun, safe atmosphere for all students (ages 5 and above) to learn how to ice skate. The Tot and Basic 1-6 levels are geared towards the fundamentals of skating and develop the skills that are necessary for recreational, figure, ice hockey and speed skating. The Basic 7, Basic 8, and Freestyle levels develop the skills necessary for advancement into figure skating.

Tentative Schedule(subject to change)

9:00am-9:45 Stretching/Warm up

9:45am-9:55 Snack

10:00-11:30 Skating Classes/Practice

11:30am-12:30 Lunch

12:30pm-1:50 Skating Classes/Practice

1:50pm-2:00pm Snack

2:10pm-4:00pm Off ice activities to

include:Swimming , Arts & Crafts, Games, Movie Time

3:45-4:00pm pick up, unless registered for after care program

\*Free figure and hockey skate rental during camp & hockey equipment will be provided.

**Cost: \$250/week**

**Camp Hours: 9:00am - 4:00pm**

**Extended Care Cost:**

**1 Week...\$25 AM 8:30am-9:00am**

**\$30 PM 4:00pm-5:30pm**

**SPACE IS LIMITED- Register early**

You may register at The Gardens Ice House guest services desk or download the registration and medical forms from our website.

[www.thegardensicehouse.com](http://www.thegardensicehouse.com)

## Helpful Hints

- We recommend that you dress warmly, and in layers. Always wear gloves or mittens. (even in the summer)
- Helmets are not provided but we do require them for beginner skaters and students ages 6 and younger. Bicycle helmets are fine.
- Ice skates should fit snugly. You should be able to wiggle your toes slightly. Always wear thin socks for a more accurate fit. Skates should be ONE SIZE SMALLER than the shoe size of the skater.
- Hockey classes DO NOT require additional equipment. We do recommend hockey gloves and a helmet (bike helmet is fine) for our beginners.
- If you plan on purchasing skates for your child, please consult one of our professionals to help you choose the most appropriate skate for the level.

