

Learn to Skate Lessons Quick Tips

- ◇ Classes are 30 minutes in length.
- ◇ All Learn to Skate lessons include skate rental.
- ◇ Skaters receive a practice card that can be used during any public skate. The number of passes on the card is equal to the number of classes in the LTS session. (ex. 7 classes equals 7 passes on the card) Practice card *must* be presented to receive free session.
- ◇ Practice card does not include skate rental. The card expires the week after the end of the LTS session.
- ◇ Recommended that students skate once prior to their first class.
- ◇ Warm clothing, such as a jacket & gloves, is recommended during lessons
- ◇ Bicycle helmets are recommended for Mom/Dad/Me and Snowplow Sam lessons.
- ◇ Skates usually fit a half size to a full size smaller than your tennis shoe.
- ◇ Class size is limited to 12 skaters for Adult & Youth classes and 10 skaters for Snowplow Sam classes.
- ◇ One coach assigned to each class. Assistant coaches will assist classes, as needed.
- ◇ Class lane assignments are posted the first day of lessons on the LTS whiteboard near the KCI front desk.
- ◇ Inclement weather cancellations will be posted on our website. We do not always follow Arlington County cancellations.
- ◇ No Make-Up Lessons.
- ◇ Observers are NOT allowed to sit in the Players boxes, during the classes (it is a safety issue and a distraction to the skaters and coaches)
- ◇ Effective 9/1/08, we are using the USFS Basic Skills program for our group lessons.

KETTLER
CAPITALS ICEPLEX

627 N. Glebe Road Suite 800
Arlington, VA
571-224-0555

www.KettlerCapitalsIceplex.com

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