

CLASS MANEUVERS

- ◇ **Tot 1** (3-5 years) - Sit/Fall and get up from kneeling, skate/march across ice without falling, forward two-foot glide, forward swizzle in place & backward wiggle.
- ◇ **Tot 2** (must complete Tot 1) - Forward swizzles, moving dip, two-foot snow plow stop, backward glide, backward swizzle in place and two-foot turns.
- ◇ **Tot 3** (must complete Tot 1 & 2) - Backward swizzles, forward one-foot glide, T-pushes with two-foot & one-foot glide, two-foot turns and forward 1/2 swizzles.
- ◇ **Tot 4** (must complete Tot 1, 2 & 3) - Backward swizzles, two-foot turns, 1/2 swizzles on circle and one-foot glide on circle.
- ◇ **Pre-Alpha** (beginners 6 years & up) - Two-foot glide, one-foot glide, forward swizzles, backward swizzles, backward wiggle, two-foot snow plow stop and moving dip.
- ◇ **Alpha**—Forward stroking, forward crossovers (both ways), one-foot snow plow stop, 1/2 swizzles on circle and edge pushes.
- ◇ **Beta**—Backward stroking, backward crossovers (both ways), T-stop (left & right) and backward 1/2 swizzles on circle.
- ◇ **Gamma**—Forward outside three turns on each foot, Mohawks left & right and hockey stop
- ◇ **Delta**—Forward inside three turns left & right, forward outside & inside edges, shoot the duck or lunge & bunny hop.
- ◇ **Freestyle 1-7**—Jumps, spins, dance steps, connecting elements and footwork pertaining to specific ISI skill level.



CLASS MANEUVERS

- ◇ **Power Stroking**—(must complete Gamma) 45-minutes of choreographed power skating focusing on edgework, technical turns, stroking patterns, field moves and jumps. Class fee is \$90/\$95.
 - ◇ **Core Conditioning**—An off ice class designed to help improve jumps, spins and flexibility for figure skaters. Class fee is \$60.00 per student (no practice card or multi class discounts are offered for this class).
 - ◇ **Tall & Small** — Parent assisted class for 18 months—3 years. Music, games & toys are used to introduce the basics. Parent & child wear skates (child size 6 is the smallest skate we have).
 - ◇ **Hockey Skills**— A 45 minute class designed to teach basic hockey skills including: stick handling, shooting, passing & stops. Alpha level & above. Full hockey equipment required.
 - ◇ **Intro to Synchro**—A beginner ISI Competitive Synchronized Skating Team.
- Specialty classes may be added throughout the season. Keep an eye on the schedule.



PRODUCTION/ENSEMBLE TEAM

Production/Ensemble Team is offered on Saturdays and/or Thursdays beginning in October and continuing through April 10. All ages & levels are encouraged to participate in a creative and artistic program using costumes & props. Skaters will compete in local competitions and shows. All skaters must join the Bowie ISI Team. For more information please call Christine Brinton at 301-809-2343 or cbrinton@cityofbowie.org.

Alternate versions of this brochure are available upon request. Please contact the Rink Manager.

BOWIE FIGURE SKATING CLUB

The Bowie Figure Skating Club is open to all skaters, both amateur and professional, and their families. The BFSC is a USFSA member club offering USFSA testing throughout the year. The BFSC offers figure skating club time on Tuesday nights (September through April). Professionals affiliated with the club are available for private instruction for all levels. The BFSC is also the home club for the Bowie Metroliners Synchronized Skating Teams. (www.bowiefsc.com)



BOWIE HOCKEY CLUB

The Bowie Hockey Club is dedicated to youth hockey in the Bowie area. The BHC offers the following programs for boys & girls: Travel Teams, Recreational Teams and Instructional. The travel teams participate in the Capital Beltway Hockey League. The recreational league is designed for the less experienced players to assure equal participation of all players. The instructional program offers instruction for the very beginner hockey player. (www.bowiehockey.org)



BLADES OF BOWIE PROSHOP

The pro shop is open daily for all of your figure skating and hockey needs. Professional fittings, sharpening and skate repair are also available. For more information please call the Blades of Bowie at 301-249-0755.

PENALTY BOX CAFÉ

The Penalty Box Café is open daily for your enjoyment. Menu items include: delicious pizza, chicken nuggets, fries, hotdogs, ice cream, nachos and slushes. For more information please call 301-809-3090.

Public Skating Sessions

The ice arena holds public sessions from July through April. Discounts are available for groups of 10 or more. Family discounts are available during designated family sessions. Birthday Party packages are also available - check in the office for details. For a monthly calendar please call the rink or go online at www.cityofbowie.org under leisure activities.

Admission Rates:

Adult Admission \$5.00
 Child Admission (16 yrs +) \$4.50
 Senior Citizens (55 yrs +) \$4.50
 Skate Rental \$2.75



*Friday DJ Session \$8.00
 (includes: admission, skates & DJ)

**Designated Family Public Sessions admission for up to 5 family members is \$12 plus skates rental.

Public Skating Sessions (October - April)

Sundays	2:00-4:00 p.m. Family PS**
Mondays	9:00-11:00 a.m.
	12:00-2:00 p.m.
	2:15-4:15 p.m.
Tuesdays	9:00-11:00 a.m.
	1:00-3:00 p.m.
	3:15-4:45 p.m.
Wednesdays	9:00-11:00 a.m.
	1:45-3:45 p.m.
Thursdays	9:00-11:00 a.m.
	12:00-2:00 p.m.
	2:15-4:15 p.m.
Fridays	9:00-11:00 a.m.
	12:00-2:00 p.m.
	3:30-5:30 p.m. Family PS**
	9:00-11:00 p.m. DJ*
Saturdays	1:00-3:00 p.m.

The schedule is subject to change - please call 301-809-3090 or visit the web.

The ice rink does NOT follow School closings.



Bowie Ice Arena
 C/O City Hall
 2614 Kenhill Drive
 Bowie, MD 20715

BOWIE ICE ARENA

3330 Northview Drive
 Bowie, Maryland 20716

(301) 262-6200

(301) 809-3090

www.cityofbowie.org



Season:

July 2009 - April 30, 2010

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GENERAL INFORMATION & PROGRAM OFFERINGS

Sanctioned by the
 Ice Skating Institute

GROUP LESSON REGISTRATION

Registration must be made in person by a parent or legal guardian at the Bowie Ice Arena and will be handled on a first-come-first-served basis. Schedule is subject to change. Make checks payable to "City of Bowie". **Late registration** will be accepted if space is available; a **\$10.00 late fee** will be charged on the first day of classes. NO REFUNDS WILL BE GIVEN AFTER THE FIRST DAY OF CLASS OR FOR MISSED CLASSES. THE ICE ARENA ACCEPTS CASH, CHECK AND CHARGE AS PAYMENT.

Classes will be offered in seven (7) week series beginning on the following dates:

SERIES 1

CLASSES BEGIN OCTOBER 8, 2009.

Classes are offered Thurs., Fri. & Sat.

REGISTRATION:

September 26-October 3 12 - 7 p.m.

SERIES 2

CLASSES BEGIN DECEMBER 3, 2009.

Classes are offered Thurs., Fri. & Sat.

REGISTRATION:

November 19-30 10 a.m.- 7 p.m.

NO CLASSES Dec. 24-Jan. 2 & Jan. 16

HOLIDAY SHOW SUNDAY, JANUARY 3, 2010.

SERIES 3

CLASSES BEGIN FEBRUARY 11, 2010.

Classes are offered Thurs., Fri. & Sat.

REGISTRATION:

January 29-February 4 10 a.m.-7 p.m.

SERIES 4 - (4 WEEKS) SPECIAL FEE

CLASSES BEGIN APRIL 8, 2010.

Dates and Times to be announced.

REGISTER AT THE RINK IN MARCH.

Reasonable accommodations for all individuals with disabilities will be provided upon request.

FEES:

Seven—30 minute lessons

\$90.00 Resident

\$95.00 Non-Resident

Power Stroking (45 minutes - Saturdays)

\$95.00 Resident

\$100.00 Non-Resident

Ask about our \$10.00 Family Discount & Multiple Class Discount at registration.

EACH SERIES OF LESSONS INCLUDES:

- Seven (7) lessons—one per week
- Seven (7) public session admissions
- Freestyle students receive four (4) pickup figure skating passes
- Free use of rental skates during lesson
- End of course evaluation
- An award upon completion of the series



ISI FIGURE SKATING TEAM

The ice arena sponsors an Ice Skating Institute (I.S.I.) Skating Team. The team is open to all ages & levels. There is an annual membership fee of \$40 payable to the City of Bowie. This fee includes I.S.I. National Membership and is required for all competitive skaters including skaters participating in Production & Ensemble teams. Members participate in several social events including Holiday Parties and Toys for Tots campaign and an end of season picnic. Membership includes: eligibility to compete in sanctioned competitions and shows, membership to I.S.I. (includes a magazine) and \$1.00 off city pickup figure skating sessions with valid team ID. For more information or to receive a membership packet please contact the skating director, Christine Brinton at 301-809-2343 or cbrinton@cityofbowie.org.