

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 & 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 1-3) - 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 & moving dip.
- ◇ **Alpha** - Forward stroking, forward crossovers (both ways), one-foot snow plow stop, 1/2 swizzles on circle & edge pushes.
- ◇ **Beta** - Backward stroking, backward crossovers (both ways), T-stop (left & right) & backward 1/2 swizzles on circle.
- ◇ **Gamma** - Forward outside three turns on each foot, Mohawks left & right & hockey stop.
- ◇ **Delta** - Forward inside three turns left & right, forward outside & inside edges, shoot the duck or lunge & bunny hop.
- ◇ **Freestyle 1-8** - Jumps, spins, dance steps, connecting elements and footwork pertaining to specific ISI skill level.
- ◇ **Adult Performance** - Ages 21 & older. Learn & perform an artistic program with costumes and music. Skaters join the Bowie ISI Team & additional fees apply.



CLASS MANEUVERS

- ◇ **Power Edge** - (must complete Gamma) 30 minutes of skating & edge work to help increase endurance, speed & control. Class will use music, drills & footwork patterns in a high tempo, fun class.
- ◇ **Tall & Small** - Parent assisted class for 18 months—3 years. Music, games & toys are used to introduce basics. Parent & child wear skates (child size 6 is the smallest skate we have).
- ◇ **Skating for Hockey** - Designed for skaters who have basic forward skating skills and are interested in improving their speed, power, turns and edges in order to better prepare for team play and/or Hockey Skills Class.
- ◇ **Hockey Skills** - A 45 minute class designed to teach basic hockey skills including: stick handling, shooting, passing & stops. Alpha level & above. Full equipment required.
- ◇ **Ice Dance** - Designed to teach the steps & patterns of solo and partner ice dance as well as work on the program for freestyle testing.



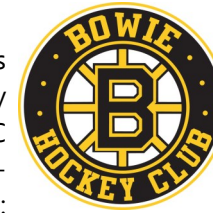
PERFORMANCE/COMPETITIVE TEAMS

All skaters must join the Bowie ISI Team. Additional fees apply for costumes & competitions. For info contact cbrinton@cityofbowie.org.

Production Teams are offered on Saturdays beginning October 8. Both small & large production teams will be offered. All ages & levels are encouraged to participate in a creative and artistic program using costumes & props.

Synchronized Skating Teams meet on Thursdays or Saturdays depending on the team. Teams are formed based on age & level. Skaters compete in local competitions & shows.

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 Chesapeake Bay Hockey League. The recreational league is designed for the less experienced to assure equal participation of all players. The Future Bruins program offers instruction for the very beginner hockey players with basic skating experience. For more information visit www.bowiehockey.org.



ISI FIGURE SKATING

TEAM

The ice arena sponsors an Ice Sports Industry (I.S.I.) Skating Team open to all ages & levels. An annual fee of \$45 is 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 & Synchronized Skating teams. Members participate in several social events including Holiday Parties, Toys for Tots campaign and lock-ins. Membership includes: eligibility to compete in sanctioned competitions/shows, membership to I.S.I. (includes a magazine), discounts on ice arena seminars & shows and \$1.00 off pickup figure skating sessions. For information contact Christine Brinton at cbrinton@cityofbowie.org.

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 USFS member club offering USFS testing throughout the year. Follow them on Facebook!

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. For a **monthly calendar** please call the rink or go online at www.cityofbowie.org.

Admission Rates:

Bowie Resident	\$6.00
Non-Bowie Resident	\$8.00
Senior Citizens (60 yrs+)	\$6.00
Skate Rental	\$3.00



**Designated Family Public Sessions-admission for up to 5 family members is \$15 Resident/\$20 Non-Resident plus skate rental fee of \$3 per person. Resident passes available too.

Public Skating Sessions (October - April)

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



Subject to change - call 301-809-3090 or visit the web for calendar. *Look for extra sessions during holidays and in the spring time.*



Bowie Ice Arena
C/O City Hall
15901 Fred Robinson Way
Bowie, MD 20716

BOWIE ICE ARENA

3330 Northview Drive
Bowie, Maryland 20716

(301) 262-6200
(301) 809-3090
www.cityofbowie.org



Season:

July 2022 - April 30, 2023

GENERAL INFORMATION & PROGRAM OFFERINGS

Learn-to-Skate Classes are sanctioned by
the Ice Sports Industry

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". Take advantage of a \$10 **Early Bird Registration** discount when registering during the dates listed below. NO REFUNDS WILL BE GIVEN AFTER THE FIRST DAY OF CLASS OR FOR MISSED CLASSES. THE ICE ARENA ACCEPTS CASH, CHECK AND CREDIT CARD AS PAYMENT.

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

SERIES 1

CLASSES BEGIN OCTOBER 6, 2022.

Classes are offered Thurs., Fri. & Sat.

REGISTRATION:

September 29-October 3 10 - 7 p.m.

SERIES 2

CLASSES BEGIN DECEMBER 1, 2022.

Classes are offered Thurs., Fri. & Sat.

REGISTRATION:

November 17-November 29 10 - 7 p.m.

No classes Dec. 24-Jan. 1 due to the holiday

SERIES 3

CLASSES BEGIN FEBRUARY 2, 2023.

Classes are offered Thurs., Fri. & Sat.

REGISTRATION:

January 19-January 31 10 - 7 p.m.

No classes March 11 due to tournament.

SERIES 4 - (4 WEEKS) SPECIAL FEE

CLASSES TO BE HELD DURING THE MONTH OF APRIL - Dates and Times to be announced.

REGISTER AT THE RINK BEGINNING MARCH 16.

FEES:

Seven - 30 minute lessons

*\$130.00 City of Bowie Resident

*\$140.00 Non-Resident

Hockey Skills Class - 45 minute lessons

*\$140.00 - equipment required

***Early Bird registration discount** of \$10 is offered when registering during the scheduled registration dates.

Ask about our \$10 Family, Beginner & Multiple Class Discounts at registration.

EACH SERIES OF LESSONS INCLUDES:

- Seven (7) lessons—one per week
- Seven (7) public session admissions
- Free use of rental skates during lessons
- One pre-approved makeup class
- End of course evaluation certificate

PRO SKATE

PRO SKATE PRO SHOP

The pro shop is open daily for all of your figure skating & hockey needs. Professional fitting, sharpening, team sales and skate repair are also available. For more info call 240-331-6552 and follow them on Facebook and Instagram.



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

