

Learn to Skate!

Skating Club of Maine – Coastal Region

At the Mid Coast Recreation Center, Rt. 90 Rockport

Session 1: 1/07 – 11/28 Session 2: 12/2 – 1/23

Session 3: 1/27 – 3/20

Wednesday:

- 3:50 - 4:40 Open Freestyle
- 4:40 - 5:10 Coach & Me
- 4:40 - 5:10 Free Skate Badge 1-6
- 5:20 - 5:50 Coach & Me
- 5:20 - 5:50 Synchronized Skating
- 5:50 - 6:20 Snowplow Sam (ages 4-6)
- 5:50 - 6:20 Basic Skills (ages 6 & up)

Friday:

- 4:10 - 4:30 Power Stroking
- 4:30 - 5:20 Coach & Me
- 4:30 - 5:20 Intro to Figure Skating
- 4:30 - 5:20 Pursuit of Excellence
- 4:30 - 5:20 Restricted Freestyle

Saturday:

- 8:00 – 8:30 Adult Ice Dance
- 8:00 – 8:50 Open Freestyle
- 8:50 – 9:40 Open Freestyle
- 9:50 – 10:20 Coach & Me
- 10:20 – 10:50 Coach & Me
- 9:50 – 10:50 Adult Basic Skills (Ages 16 & up)
- 9:50 – 10:20 Fancy Footwork – NEW!
- 10:20 – 10:50 Theatre on Ice – NEW!
- 10:50 – 11:20 Snowplow Sam (Ages 4- 6)
- 10:50 – 11:50 Basic Skills (Ages 6 & up)

Dec. 5th, 2009 – Celebration on Ice & Skate with Santa
March 27th, 2010 – Annual Skating Show

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