

SKATING LESSONS



ONLY \$69.⁰⁰ per person

Did You Know....

If children roller skate at least once a week they:

- ★ Burn between 875-1500 calories in an average 1-1/2 hour session (depending on their speed)
- ★ Develop muscular strength
- ★ Develop better balance
- ★ Strengthen their cardiovascular system
- ★ Build their endurance and stamina

The Package Includes:

- ★ 6 Weeks of Quality Instruction
- ★ Small Groups for Personalized Supervision
- ★ Fun, Games, Prizes!
- ★ Awards Party!!!
- ★ Certificate for \$20.00 OFF a BIRTHDAY PARTY!

Lessons (Clip and Return)

Name _____

Address _____

Phone # _____

Age _____ Skill Level (Circle One) **Beg.** **Int.** **Adv.**

Desired Class Start Date _____

OFFICE USE ONLY

Date Application & Payment Received _____

Start Date _____

Method of Payment (Circle One) **CASH** **MC** **VISA**

For Children, Teens, and Adults
HURRY - Classes Forming NOW!!

For Additional Information...
Call 301-505-6490

Lesson Format

- Arrival and warm-up
- Lesson
- Stretching and review of previous lesson
- Games, practice time
- \$2.00 Discount Admission 12:00 noon - 3:00 pm

Lesson Schedule - Session 1

FREE INTRODUCTORY LESSON	Feb 4th 10:30 am - 12 noon
Lesson 1	Feb 11th 10:30 am - 12 noon
Lesson 2	Feb 18th 10:30 am - 12 noon
Lesson 3	Feb 25th 10:30 am - 12 noon
Lesson 4	Mar 3rd 10:30 am - 12 noon
Lesson 5	Mar 10th 10:30 am - 12 noon
Lesson 6 - AWARDS PARTY.....	Mar 17th 10:30 am - 12 noon

Lesson Schedule - Session 2

FREE INTRODUCTORY LESSON	Mar 24th 10:30 am - 12 noon
Lesson 1	Mar 31st 10:30 am - 12 noon
Lesson 2	Apr 7th 10:30 am - 12 noon
Lesson 3	Apr 14th 10:30 am - 12 noon
Lesson 4	Apr 21st 10:30 am - 12 noon
Lesson 5	Apr 28th 10:30 am - 12 noon
Lesson 6 - AWARDS PARTY.....	May 5th 10:30 am - 12 noon

3132 Branch Ave.
Temple Hills, MD 20748
301-505-6490

TEMPLE HILLS Skating Palace

www.TempleHillsSkating.com