

# PROGRAM GUIDE

2026-27





# PUBLIC SKATING

Hit the ice and see for yourself why ice skating at Capital Clubhouse is a favorite activity for people of all ages! Whether you are with friends, family, on a date or just out for some exercise, gliding out on the ice is a unique experience! Capital Clubhouse hosts numerous public skating sessions each week, as well as multiple special skating events throughout the year that are budget-friendly and always fun! Check out public skating page on our website to view the latest public skating calendar!

\*Schedules are subject to change.\*

# BIRTHDAY PARTIES

Put your birthday party on ice! Held during our public skating sessions, our birthday parties include your own party room, plus pizza and drinks and more! Our staff works hard to assure each party is hassle free for the organizers, and that each guest has fun from start to finish.

Prices and options available online.



# LEARN TO SKATE

Strength. Confidence. Achievement. Experiences. Memories.

Discover this and more with our Learn to Skate program.



## The Beginning of Your Journey

We offer Learn To Skate (LTS) programming year-round for skaters age 3 to adult, where you will receive 7 weeks of instructor led on-ice instruction.

Whether you want to get ready for a fast paced hockey game, elegant ice routine, or simply be more proficient on the ice for recreation; we have the perfect Learn To Skate class for you!

LTS skaters will receive a public skate punch card with 7 free sessions to any Public Skate session during their 7-week class and have access to be involved in our winter and spring shows and competitions.

Check our website for dates and to register!

## Open Freestyle

Freestyle sessions are designed to give figure skaters and skating coaches the freedom to use the ice for distraction-free practice and preparation.

Open freestyle sessions are perfect for:

- Practicing routines
- Private lessons

Check our website for dates and to register!



# LEARN THE GREATEST GAME ON EARTH!



## TAKE A SHOT AT HOCKEY

This 4-week (30 min/week) program is FREE and includes FREE gear! Following the program, participants may keep the gear if they enroll into the following Learn To Play Hockey program. Participant will need to come to an equipment fitting prior to the program to receive the gear. Open to boys and girls ages 4-9!



## LEARN TO PLAY HOCKEY

Learn to Play Hockey is perfect for the brand-new hockey player looking to learn the sport in a fun, active, and instructive environment. This program includes a hockey equipment starter kit for first time players.

Instruction and drills/games are designed to be 100% FUN, developing a love for the game now that will last a lifetime!

Open to boys and girls.

USA Hockey registration (not included) is required and must be provided at registration



## SOMD SABRES

The Southern Maryland Sabres proudly play in the Atlantic Hockey Federation ("AHF"), a USA Hockey Sanctioned Elite Tier-II Youth Hockey League that facilitates high quality games and showcases throughout the Mid-Atlantic for its club members and families. Each team practices twice a week and game counts vary by age level.



Foundry Adult Hockey is the largest and most comprehensive adult hockey organization in the U.S.A. With Foundry Adult Hockey, you can Play Your Game... As a hockey enthusiast, you can learn the game and or play the game whenever you want, wherever you want, and at any level you want.



Open to adults 18+ who have never played hockey. It will combine on-ice skills sessions with instructional games. During this program, participants will learn the fundamental skills of ice hockey, including how to skate if they've never done so before.



Whether you are a former professional player or coming out of our Novice Draft League, Foundry has a league for you. We have professional organized competitive leagues for all skill levels. Seamless registration. Leading edge real time game scoring with GameSheet's live stats, standings, and leaderboards





# LEARN TO PLAY BASKETBALL

Learn To Play Basketball is an entry level program designed for anyone with a desire to learn the sport of basketball. The program will help players advance to the next level of play by focusing on the fundamentals and basic skills of the game.

Set in a fun-focused atmosphere, this program is the ideal way to introduce beginner players ages 4-14 to basketball!

# LEARN TO PLAY VOLLEYBALL



Learn To Play Volleyball is an entry level program for anyone looking to play volleyball for recreational purposes and is designed for beginner athletes with little to no playing experience.

We have partnered with the Southern Maryland Volleyball Club to bring you this learn to play program!

Each series is 7 weeks long and can be repeated as many times as desired. Practices are 50 minutes per week.



# IMPORTANT CONTACTS

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