



# SCHOOLS SKATE FOR FITNESS

Bring Your Class to Ice Skate!



Our Schools Skate for Fitness program offers **DCPS & Public Charter Schools** students **FREE** basic ice skating classes as a part of DCPS Department of Health, Physical Education & Athletics curriculum.



## WHAT'S INCLUDED?

- Ice skating orientation
- 25 minute skating lesson w/professional skating instructor
- 25 minute freeskate
- Rental skates, gloves & helmets!
- Up to one class per visit (no more than 30 students) for grades 2-12
- Ample parking for buses and shuttles

Multiple visits encouraged!



## WHY ICE SKATING?

- Skating is a fun physical activity for children & adults
- Helps improve coordination, balance and strengthen muscles
- Experience a great cardiovascular workout and learn a life-long sport!
- Students gain self-confidence and self-esteem while building healthier lifestyles!

**Sign your class up today!**

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