

September 2023

Capital Clubhouse Recreation Center

3033 Waldorf Market Place, Waldorf, MD 20603

Ice Arena Calendar of Events

Schedule subject to change. Most current version available online:

<http://app.capitalclubhouse.com/schedule>

See over for additional days >>

Sundays

7:00-8:00 am	Cross Ice Mites (Except 9/3, 9/10)
8:00-9:00 am	10U/12U Red Practice (Except 9/3)
9:10-10:30 am	Game Slot (Except 9/3)
10:40-12:00 pm	Game Slot (Except 9/3)
12:05-1:35 pm	Public Skate (Except 9/10, 9/17/ 9/24)
12:10-1:40 pm	Game Slot (Except 9/3)
1:45-2:45 pm	Freestyle (Except 9/10, 9/17/ 9/24)
1:50-3:20 pm	Public Skate (Except 9/3)
2:45-3:45 pm	Freestyle (Except 9/10, 9/17/ 9/24)
3:30-4:00 pm	Learn-to-Skate Beginner (Except 9/3)
3:55-5:15 pm	Stick & Puck (Except 9/10, 9/17/ 9/24)
4:00-4:30 pm	Learn-to-Skate Advanced (Except 9/3)
4:40-5:25 pm	Synchro Team Practice (Except 9/3)
5:25-6:00 pm	Synchro & Theatre On Ice Skating Skills (Except 9/3)
5:25-6:45 pm	Public Skate (Except 9/10, 9/17, 9/24)
6:00-6:45 pm	Team Practice (Except 9/3)
6:55-8:15 pm	Adult Ice Hockey Pickup (Except 9/10, 9/17, 9/24)
6:55-8:15 pm	AHL Game Slot (Except 9/3)
8:25-9:45 pm	AHL Game Slot (Except 9/3)
9:55-11:15 pm	AHL Game Slot (Except 9/3)

Mondays

10:30-11:50 am	Stick & Puck (Except 9/11, 9/18, 9/25)
12:00-1:20 pm	Public Skate
1:30-2:30 pm	Freestyle (Except 9/11, 9/18, 9/25)
2:30-3:30 pm	Freestyle (Except 9/11, 9/18, 9/25)
2:50-3:50 pm	Freestyle (Except 9/4, 9/18, 9/25)
3:30-4:30 pm	Freestyle (Except 9/11, 9/18, 9/25)
3:50-4:50 pm	Freestyle (Except 9/4, 9/18, 9/25)
4:40-5:50 pm	Half Ice Practice (Except 9/4, 9/11)
4:40-6:00 pm	Public Skate (Except 9/11, 9/18, 9/25)
4:50-5:50 pm	Freestyle (Except 9/4, 9/18, 9/25)
6:00-7:00 pm	Sabres Half Ice Mites (Except 9/4)
6:10-7:30 pm	Stick & Puck (Except 9/11, 9/18, 9/25)
7:00-8:10 pm	10U Black/10U Gold Practice (Except 9/4)
8:20-9:20 pm	Skills: 12U (Except 9/4)
9:30-10:30 pm	Get in the Game - 2023 Fall (Except 9/4)

Tuesdays

12:00-1:20 pm	Public Skate
2:50-3:50 pm	Freestyle (Except 9/12, 9/19, 9/26)
3:50-4:50 pm	Freestyle (Except 9/12, 9/19, 9/26)
4:40-5:50 pm	Half Ice Practice (Except 9/5)
4:50-5:50 pm	Freestyle (Except 9/12, 9/19, 9/26)
6:00-7:00 pm	Skills: Half Ice & 10U
7:10-8:35 pm	12U Gold/12U Black Practice
8:35-9:40 pm	18U Practice
9:50-11:10 pm	Foundry Placeholder (Except 9/5)

Wednesdays

12:00-1:20 pm	Public Skate
2:40-3:40 pm	Freestyle
3:40-4:40 pm	Freestyle
4:40-5:40 pm	Freestyle
5:50-6:50 pm	Lady Sabres Practice
7:00-8:25pm	14U/16U Gold Practice
8:25-9:55 pm	SOMD Adult Hockey Club

Rates

Freestyle (advanced level skaters): \$15.00/session
 Freestyle Punch Pass: \$144.00 for 10 sessions
 Public Skate: \$11.00
 Skate Rental: \$5.00
 Skate Helper: \$10.00
 Stick & Puck: \$14.00/player; Goalies skate free
 Adult Pick-Up Hockey: \$14.00/player; Goalies skate free



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Thursdays

12:00-1:20 pm	Public Skate
2:30-3:30 pm	Freestyle
3:30-4:30 pm	Freestyle
4:30-5:30 pm	Freestyle
5:40-6:50 pm	10U Gold/10U Black Practice
6:50-8:15 pm	12U Gold/12U Black Practice
8:25-9:40 pm	14U/16U Gold Practice
9:50-11:10 pm	Foundry Placeholder (Except 9/7)

Fridays

10:00-11:00 am	Totsicles
12:00-1:30 pm	Homeschool Learn-to-Skate (starting 9/8)
3:00-4:00 pm	Freestyle
4:00-5:00 pm	Freestyle
5:10-6:10 pm	FSCSM Academy
6:20-7:40 pm	Public Skate
7:50-9:10 pm	Stick & Puck

Saturdays

7:00-8:00 am	10U/12U Red Practice
8:00-9:00 am	Cross Ice Mites
9:10-10:10 am	Half Ice Mites
10:10-11:10 am	Freestyle (Except 9/9, 9/23, 9/30)
10:20-11:10 am	Try Hockey for FREE (9/9 only)
10:20-11:10 am	Freestyle (Except 9/2, 9/16)
11:00-12:20 pm	Stick & Puck (Except 9/9, 9/23, 9/30)
11:20-12:10 pm	Freestyle (Except 9/2, 9/23, 9/30)
11:20-12:20 pm	Mite Game Slot (Except 9/2, 9/9)
11:20-12:20 pm	DMV Girls THFF (Except 9/2, 9/9, 9/16)
12:20-1:50 pm	Public Skate (Except 9/2, 9/16, 9/23, 9/30)
12:30-1:50 pm	Public Skate (Except 9/9)
2:00-3:00 pm	Freestyle (Except 9/9, 9/16, 9/23, 9/30)
2:00-3:30 pm	Game Slot
3:00-4:00 pm	Freestyle (Except 9/9, 9/16, 9/23, 9/30)
3:40-5:00 pm	Public Skate (Except 9/9, 9/16, 9/23, 9/30)
3:40-5:00 pm	Game Slot (Except 9/9, 9/16)
4:00-5:00 pm	Freestyle (Except 9/9, 9/16, 9/23, 9/30)
5:10-6:30 pm	Public Skate (Except 9/9, 9/16, 9/23, 9/30)
5:10-6:30 pm	Game Slot (Except 9/2)
6:40-8:00 pm	Stick & Puck (Except 9/9, 9/16, 9/23, 9/30)
6:40-8:10 pm	Game Slot (Except 9/2)
8:20-9:50 pm	Game Slot OR Public Skate (Except 9/2)

Rates

Freestyle (advanced level skaters): \$15.00/session
Freestyle Punch Pass: \$144.00 for 10 sessions
Public Skate: \$11.00
Skate Rental: \$5.00
Skate Helper: \$10.00
Stick & Puck: \$14.00/player; Goalies skate free
Adult Pick-Up Hockey: \$14.00/player; Goalies skate free

