

MID-ATLANTIC ICE DANCE COLLEGE

ABOUT THE DIRECTORS:

The Mid-Atlantic Ice Dance College, was created by Gregory Maddalone and Genrikh Sretenski in order to provide young adults and children an opportunity to affordably advance in the fundamentals of Figure Skating .

Gregory is an International, National, and Jr. National coach who has been a member of U.S. Figure Skating (USFS) since 1982 and a member of the Professional Skaters Association (PSA) since 1996.

He was a 3-time U.S. National Medalist in Ice Dance and represented the United States for three years in International Competition. In recognition of his coaching accomplishments he has just received his Level V (International Coaching) ranking from the PSA.

Genrikh is an Olympic, World, International, and National coach and has been a member of U.S. Figure Skating (USFS) and a member of the Professional Skaters Association (PSA) since 1994.

Representing the USSR, he was a 5-time National Medalist, 4-time European Championships Medalist, 3-time World Competitor and 1988 Olympian finishing 4th, and was also a 2-time World Professional Ice Dance Champion.

Greg and Genrikh have produced Sectional, National, International, World, and Olympic Competitors.

MID-ATLANTIC ICE DANCE COLLEGE

DAILY PROGRAM SCHEDULE*:

3:00pm: Off-ice class
Stretching and Ballet/Jazz
3:45pm: Prepare for On-ice class
4:00pm: On-ice class
4:00pm: Stroking
4:20pm: Dance/Spins/Jumps class
4:40pm: Moves in the Field class
5:00pm: Prepare for Off-Ice Conditioning
5:15pm: Off-ice class
Stretching, Aerobic and Strength Training

Additional information:

- Attire: Athletic Pants and skating dresses are recommended. Tennis shoes are required for off-ice activities.
- Applications are due 14 day prior to the Summer Program starting
- Due to rink availability and restrictions, the Mid-Atlantic Ice Dance College reserves the right to make changes to the schedule.
- There will be no make ups for missed days

* Subject to change

MID-ATLANTIC ICE DANCE COLLEGE

Located at:
The Gardens Ice House
13800 Old Gunpowder Road
Laurel, Maryland 20707

Phone: 410.218.1004
E-mail: maddalone@midatlanticicedancecollege.com
sretenski@midatlanticicedancecollege.com
Web: www.midatlanticicedancecollege.com

THE GARDENS ICE HOUSE
&
THE CHESAPEAKE SKATING SCHOOL
PRESENTS

THE MID-ATLANTIC ICE DANCE COLLEGE

Summer Program

Where Champions Are Made

Web: www.midatlanticicedancecollege.com

Tel: 410.218.1004

MID-ATLANTIC ICE DANCE COLLEGE

The Mid-Atlantic Ice Dance College's program provides a unique opportunity to advance your child's skating skills in a quality group format. Our Program provides you with an alternative to the typical "a la carte" programs of private lessons plus ice fees, therefore offering a more affordable way to progress in the sport of Figure Skating.

Our goal is to provide each young adult and child with an increased knowledge of Ice Dance and Figure Skating while acquiring the proper techniques to improve their skating skills. From the time they arrive at the rink until they leave, they will be engaged in a positive team atmosphere.

This program has been designed for any young adult or child who has already participated in a Learn-to-Skate Program or has a basic knowledge of skating and can demonstrate a fundamental ability to progress with the group.

Our coaches are all members of the Professional Skaters Association (PSA), and U.S. Figure Skating (USFS), the governing body of Figure Skating.

Students in the Mid-Atlantic Ice Dance College, Summer Dance Program will participate in 15 lessons per week. In order to enhance the learning experience, we recommend that participants utilize The Gardens Ice House summer work sessions to practice the skills taught during class time.

The Mid-Atlantic Ice Dance College offers classes 3 days a week on Monday, Wednesday, and Thursday through out the summer. Tentatively classes will start at 3:00pm and will finish at 6:00 pm.

Participants will receive group instruction in the following areas:

Off-Ice Dance Class:
Warm-up Exercises, Ballet, Jazz, Ballroom, Cool-Down Exercises

On-Ice Classes:
Stroking, Dance, Spins/Jumps, Moves in the Field

Off-Ice Conditioning Class:
Warm-up Exercises, Agility Training, Strength Training, Balance Training, Cool-Down Exercises

Program Cost:
\$450.00 per month (4 weeks)
\$125.00 per week
\$50 per day

To ensure maximum benefit from the college program, we recommend that each young adult and child attend as much as possible, through out the summer.

So that you can see how your young adult or child is progressing we will provide you with a list of skills and their progress each month.

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Mid-Atlantic Ice Dance College Summer Program Registration Form

Student's Name _____ Gender: Male Female Date of Birth: _____ Age: _____

Street Address _____ Phone (_____) _____ - _____

City, State, Zip _____ Skating Level: Freestyle: _____ Dance: _____ MIF: _____

E-Mail address **(PLEASE PRINT NEATLY)** _____

Emergency Contact: _____ Home Phone (_____) _____ - _____

Please Note: Participation waiver must be on file in order to participate in this program.
Please mail form to: Mid-Atlantic Ice Dance College, 2072 Paperbark Road, Baltimore Maryland 21221

Please make payments payable to:

MID-ATLANTIC ICE DANCE COLLEGE

Please Highlight Days and Weeks you would like to attend

June 28 - July 2	July 12 - 16	July 26 - 30	August 9 - 13
(M) (W) (TH)	(M) (W) (TH)	(M) (W) (TH)	(M) (W) (TH)
July 5 - 9	July 19 - 23	August 2 - 6	August 16 - 20
(M) (W) (TH)	(M) (W) (TH)	(M) (W) (TH)	(M) (W) (TH)

Monthly Program Fee: _____	Months @ \$450	\$ _____
Weekly Program Fee: _____	Weeks @ \$125	\$ _____
Daily Program Fee: _____	@ \$50	\$ 25.00
Administrative Program Fee		\$ _____
Total Due:		\$ _____

NOTE: There will be a \$50 fee for all returned checks