

# FALL / WINTER PROGRAMS

2023 - 2024



SCAN ME



# PROUD HOME OF



eXurb  
Fitness



## Welcome To Capital Clubhouse

Capital Clubhouse, operated by Black Bear Sports Group, Inc. is Southern Maryland's ultimate recreational and sports complex located in Waldorf, MD. The 90,000 square foot facility is a year round multi-sport center for all ages and houses a NHL-size ice rink, a 200'x85' multi-sport court and rock climbing wall. These sport venues are complimented by eight locker rooms, four party/meeting rooms, concessions and eXurb Fitness on the second floor. The mix of venues provides for a in-house programming, drop-in sessions, leagues, themed events, expos, trade shows, concerts and much more!



# 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.

Scan For  
Public Skating



Scan For  
Birthday Parties





# 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!

Scan For  
Learn To Skate



## 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!

Scan For  
Freestyle





# LEARN THE GREATEST GAME ON EARTH!



Scan For  
LTP



## LTP ROOKIE LEAGUE

The Sabres Rookie Program 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 aged 4 to 15.

Each program is 7 weeks long and can be repeated. Practices are 1 hour each week.



Scan For  
Ice Force



## CAPITAL CLUBHOUSE ICE FORCE

Upon completion of the Sabres Rookie Program, players will join the Capital Clubhouse Ice Force House League. This hockey program was developed as a bridge program to take your player from hockey lessons into competitive play, offering programs at all age groups and levels.

Check out our website to see dates, times, and to register online.



Scan For  
SOMD Sabres



## 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.

Scan For  
Get In The Game



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.

Scan For  
Adult League



# LEARN TO PLAY BASKETBALL

Scan For  
LTP 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.

Scan For  
LTP Volleyball





# IMPORTANT CONTACTS

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