Hertz Arena FIGURE SKATING SUMMER CAMP



9:00AM-12:45PM MONDAY-FRIDAY JULY 13-17, 2020

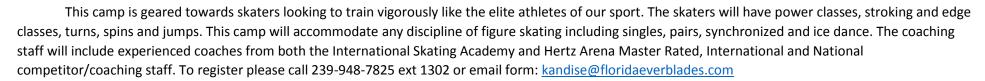
CAMP INCLUDES



7.5-HOURS OF OFF ICE INSTRUCTION (\$150)

Please bring a yoga mat and water bottles. Snacks are recommended. No food will be provided.

Total Camp Cost \$300.00 (Due by July 10th credit card or cash)



Skater Name: Skater DOB: Skater's Moves in the Field Level: _____ (Basic 3 and up) Skater's Ice Dance Level: (If applicable) Skater's Freestyle Level: (Basic 3 & up) Skater's USFS # (If applicable) Skater's Home Club Name: _____ Credit Card #: Exp Date: Skater's preferred discipline of skating? Circle all that apply Ice Dance Singles Solo Ice Dance Partnered Ice Dance Pairs Synchro

CAMP SCHEDULE JULY 13-17, 2020

****Basic 3-Freestyle 5 Schedule****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45-9:30am	8:45-9:30am	8:45-9:30am	8:45-9:30am	8:45-9:30am
Off Ice Conditioning				
<u>9:45-10:45am</u>	9:45-10:45am	9:45-10:45am	<u>9:45-10:45am</u>	<u>9:45-10:45am</u>
On Ice Group Class				
<u>10:45-11:45am</u>	<u>10:45-11:45am</u>	<u>10:45-11:45am</u>	<u>10:45-11:45am</u>	<u>10:45-11:45am</u>
On Ice Group Class				
<u>12:00-12:45pm</u>	12:00-12:45pm	<u>12:00-12:45pm</u>	12:00-12:45pm	<u>12:00-12:45pm</u>
Off Ice Ballet				

****Freestyle 6 and up Schedule****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45-9:30am	8:45-9:30am	8:45-9:30am	8:45-9:30am	8:45-9:30am
Off Ice Ballet				
<u>9:45-10:45am</u>	9:45-10:45am	9:45-10:45am	<u>9:45-10:45am</u>	<u>9:45-10:45am</u>
On Ice Group Class				
<u>10:45-11:45am</u>	<u>10:45-11:45am</u>	<u>10:45-11:45am</u>	<u>10:45-11:45am</u>	<u>10:45-11:45am</u>
On Ice Group Class				
<u>12:00-12:45pm</u>	12:00-12:45pm	<u>12:00-12:45pm</u>	12:00-12:45pm	<u>12:00-12:45pm</u>
Off Ice Conditioning				

Ballet will be taught by Yelena Sokolova (Official ballet coach and choreographer for the International Skating Academy)

Off Ice instructions will rotate each day. The goal is to address cardio, muscle strengthening, core work, and balance techniques.

For more information please call Kandis at 239-948-7825 ext 1302 or email kandise@floridaeverblades.com