

FIGURE SKATING SUMMER CAMP



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

CAMP INCLUDES

10-HOURS ON ICE WITH GROUP INSTRUCTION (Value \$300)

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

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



This camp is geared towards skaters looking to train vigorously like the elite athletes of our sport. The skaters will have power classes, stroking and edge classes, turns, spins and jumps. This camp will accommodate any discipline of figure skating including singles, pairs, synchronized and ice dance. The coaching staff will include experienced coaches from both the International Skating Academy and Hertz Arena Master Rated, International and National competitor/coaching staff. To register please call 239-948-7825 ext 1302 or email form: kandise@floridaeverblades.com

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

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

Freestyle 6 and up Schedule

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