

## LUNCH MENU:

Hot lunch included:

- Turkey sandwich & Soup
- Macaroni & Cheese & Caesar Salad
- Chicken Fingers & Celery & Fries
- Cheeseburger & Carrots & Fries
- Pizza & Caesar Salad

**Beverage choice:** chocolate milk, juice or water

**Desert choice:** fruit or yogurt

Please send you child with additional snack and beverages if necessarily.

## Walk-on Options

ON ICE or OFF ICE class walk-on fee: \$11

Freestyle sessions walk-on fee: \$9.50

Punch cards available: 10 punches for \$80

30 punches for \$200, or 50 punches for \$300

## OFF ICE classes will focus on:

**Flowing Style Yoga:** focus on strength, breath and flexibility. This combination will create a strong lean muscle tone, that will maintain flexibility. In addition, the breathing will help control the heart rate, quite the mind and create focus. Perfect for skaters!

**Conditioning:** warm-up and cool-down techniques/ jump rope & jump-specific exercises/improve body strength, confidence and endurance/core strength /reduce the risk of skating-related injuries!

**Blade Ballet:** body awareness and upper body carriage/ different positions and extensions to improve artistic expression/stretching and flexibility to increase muscles range of motion!

Instructor: Russian Former Ballerina

## ON ICE classes will focus on:

**Power & Stroking:** ability to generate maximum speed, change or directions, rhythmic knee action and precision of foot placement, flow, effortless glide, cleanness and sureness of deep edges, be more skillful and be able to perform difficult footwork! Plus Jumps & Spins classes.



Canlan Ice Sports – location  
Street Address  
City, Prov/St, Postal/Zip code  
P: 123-123-4567  
F: 123-123-4567  
contact@icesports.com  
www.icesports.com

# FIGURE SKATING CAMPS

## 2011 SUMMER

## Registration Policy

At Canlan Ice Sports we make a conscientious effort to ensure that all participants are registered in a program that reflects their skill level, commitment and ability.

It is recommended that you contact the Programs Team to register in the league, camp or program that is appropriate for your needs in order to ensure a fun, positive and safe experience.

Registration and payment can be processed online at [www.icesports.com](http://www.icesports.com), or by contacting the facility main office in person or via phone. Payment is due in full at the time of registration and must be accompanied by a completed waiver form. Payments can be made by debit, Visa, MasterCard, cash or cheque. Please note: a \$25.00 service charge applies to NSF cheques.

If a participant is unable to take part in the program due to medical reasons, he or she will receive credit towards their next Canlan Ice Sports Program. No refunds or credits will be made for absences missed by the participant. Canlan Ice Sports reserves the right to change the date and/or the time of the program.



[www.icesports.com](http://www.icesports.com)

## BRIDGE CAMP

Designed to introduce skaters to a “training program,” this camp teaches participants the elements required if they choose to begin a competitive career and exposes them to the different off-ice classes and warm-up routines such as yoga, Pilates and ballet. The camp content includes a verity of free skating moves, warm-up routines, stretching, as well as off-ice activities and games including in Bounce Mania.

**LEVEL: Basic 5 - Free Skate**

June 20-24  
July 11-15  
July 25-29  
August 1-5

	5 Days	3 Days
Day of the Week:	Monday - Friday	Choose any 3 days
Time:	8:30 - 4:30pm	8:30 - 4:30pm
Fee:	\$149	\$99
<b>Half Day Camp:</b>	8:30 - 1:00pm	8:30 - 1:00pm
Fee	\$99	\$60

## SKATING ACADEMY CAMP

Designed for figure skaters of all ages, competitive skaters will be focusing on proper stroking technique, edge quality, artistry, jumps, spins, moves in the fields, verity of footwork and much more. Campers will also participate in off-ice activities such as conditioning, flowing style yoga, Pilates and ballet to complement their development. Our professional USFS & PSA Rated coaches will be sure to take your child’s skating to the next level.

**LEVEL: USFS competitive levels**

June 20-24  
July 11-15  
July 25-29  
August 1-5

	5 Days	3 Days
Day of the Week:	Monday - Friday	Choose any 3 days
Time:	8:30 - 4:30pm	8:30 - 4:30pm
Fee:	\$149	\$99
<b>Half Day Camp:</b>	8:30 - 1:00pm	8:30 - 1:00pm
Fee	\$99	\$60

## CAMP INCLUDED:

	BRIDGE	Skating Academy
ON ICE:	2 hours per day	1 hours per day
CONDITIONING:	30min. hour per day	1 hour per day
LUNCH:	included	included
SNACK	included	included
BOUNCE MANIA:	1 hour per day	1 hour per day
FREESTYLE:	per skater choice	1.5 hour per day
Yoga or Blade Ballet	30 min. per day	1 hour per day

**Basic 5-FreeSkate USFS levels**

**Bridge level skaters will have an option to do second hour of ON ICE class or use one of the FREESTYLE sessions.**

