

Bolton Ice Palace Figure Skating Camp



Summer 2019



4 days (Monday – Thursday)
August 5 – August 8

This camp is open to all levels of Learn to Skate and Freestyle, age 6+. It combines off-ice exercises with on-ice lessons designed to give each skater a well-rounded curriculum to enhance their skating performance. It is an opportunity to meet other skaters and have fun learning.

BFSC/USFSA, ISI Members, Basic Skills



8:30 am	Drop Off
8:45 – 9:15	Off-Ice Class
9:15 – 9:30	Skates On
9:30 – 10:30	On-Ice Lesson
10:30 – 10:45	Snack
10:45 – 11:05	“Spice” Class
11:05 – 11:30	Group Number Practice
11:30 – 12:00	Freestyle
12:05	Pickup



On-Ice Class: Focus on Moves in the Field, Jumps, Power Stroking and Spins.

Off-Ice Class: Focus on stretching, core strength training, movement, and jumping. Sneakers and a towel/mat are required.

“Spice” Class: On-Ice Class with focus on musical interpretation, creativity, choreography and presentation. This class culminates with a Group Number performed at the end of the week.

Water and Snack: Provided by parent

Summer Figure Skating Camp
Registration Form
Monday, August 5 – Thursday, August 8, 2019

Name _____ Age _____
 Street _____ City _____ Zip _____
 Parent _____ Phone _____ Gender M__ F__
 E-mail _____ Date of Birth _____

(Payable Bolton Ice Palace)

Cost
\$180

Payment: Amount _____ Cash _____ Check # _____ Charge _____