

# Bolton Ice Palace Figure Skating Camp



**Summer 2018**



4 days (Monday – Thursday)  
August 6 – August 9

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 6 – Thursday, August 9, 2018

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 \_\_\_\_\_