

Spring Break Skating Camp

March 23, 25, 27

Cost:

\$269/week

\$95 walk-on rate/day

Spring

Training Schedule:

8:00-9:30am On Ice

9:45-10:45am Off Ice

10:45-11:15 Lunch

11:30-1:00pm On Ice

***Open to levels Freeskate 1 and Up**

***On Ice training will consist of
Edgework, Spins, Jumps, Moves in
the Field, Power**

***During Off Ice we will work on
Flexibility, Endurance, Plyometrics,
Balance**

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SPORTS**