

ICE DEN

Holiday Camp



“SPECIALTY” classes are designed to develop stroking technique, power and endurance together with increasing edge quality and footwork in skating.

Who: All Skaters Freeskate 4 through Juvenile Freeskate

What: “Special” Holiday Classes

Cost: ONLY \$30.00!
(Sorry, no substitutions or class break downs will be granted.)

Where: Ice Den

**When: Saturday, November 28,
12:30 - 3:45 PM**

How: Pick up registration form at Ice Den Administration Window

CLASSES INCLUDED:

- 1 - 45 minute Off-ice Jump Class
- 1 - 60 min On-ice “Specialty” Class
- 1 - 30 min On-ice Practice Session

SCHEDULE:

- 12:30 - 12:45 PM Skater check-in at the Ice Den
- 1:00 - 1:45 PM Off-ice Jumps Class
- 2:15 - 3:15 PM On-ice “Specialty” Class
- 3:15 - 3:45 PM On-ice Practice Session

SKATERS ATTIRE:

OFF-ICE JUMPS: Class will focus on jumping techniques, rotation and landing positions. Participants must have proper training shoes (no flip-flops or bare feet) and exercise clothing to participate in class, NO EXCEPTIONS.

ON-ICE “SPECIALTY” CLASS: Skaters must wear all black skating attire (beige tights are acceptable). Girl’s hair must be tied back in a bun or a ponytail and skate laces tucked in. If a skater is not dressed appropriately, they will be asked to leave the ice.