

**FIGURE SKATING CAMP
SKATING CLUB OF MAINE
CENTRAL REGION
4th ANNUAL SUMMER CAMP
JULY 13TH – 17TH**

The Skating Club of Maine, Central Region welcomes you to explore your skating passion with a full week of skating excellence and programs designed to challenge each skater to improve their skating with on and off ice classes.

When: Monday – Friday, July 13th-17th
8:15 am – 4:00 pm

Where: Kennebec Ice Arena
203 Whitten Road,
Hallowell, Maine 04347

Price: \$450 (includes registration fee)

Registration Fee: \$100

Discount: \$45 discount off final payment
for deposit payment received by April
1st.

All other deposits must be received by
June 1st with final payment due June
14th

All payments received after June 14th will incur a late fee of \$50.00



Contact Phone Number:

Kathy Carr 242-5502

Who Should Attend

US Figure Skating Basic Skills Level 5 through Junior Freestyle Test, equivalent ISI level or with permission of the Director.

CLASS DESCRIPTIONS

On- Ice Classes:

Stroking:

This class is designed to improve strength, endurance and control

Moves In the Field and Edges:

This class places emphasis on edge quality, control, extensions, flow and presentation.

Jumps and Spins:

This class offers the skater a chance to examine different spins and jumps and ways to improve their entry, exit, body position and speed.

Dance:

The skater will have a chance to experience different dances with focus on posture, grace, extensions and edge control.

AIM:

Expression and techniques

Synchro:

An introduction to synchro.

Practice Ice:

The student will have a chance to put into motion the skills they have acquired.

Additional on ice classes may be offered based on need.

Off-Ice Classes:

Stretch:

This class is designed to improve the skater flexibility and extension. It will prepare the student to either take the ice or participate in a higher energy class.

Jazz:

This class is a fun way to build skills in performance, artistic expression, and cardio endurance.

Ballet:

Offers the skater a chance to improve posture, control and grace.

Cardio/Exercise:

A class to help with endurance and strength will improve muscle control.

Seminars:

Feature information regarding nutrition, testing, competitions, goal setting etc.

Additional off ice classes may be offered based on need.