

SKATING LEVELS OFFERED: Tot 3 thru Freestyle 6

HAVE FUN • FUN • FUN • FUN



Your choice of 1 week or 2 weeks

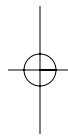
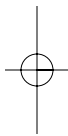
AUGUST 22 – AUGUST 26
AUGUST 29 – SEPTEMBER 2

2011 Summer I.S.I. SKATING CAMP



3779 Pickett Road
Fairfax, Virginia 22031
703-323-1132

PLACE
STAMP
HERE



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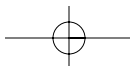


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Your choice of 1 week or 2 weeks

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DON'T MISS OUT! Join a group in the *Ice Show*



FAIRFAX ICE ARENA INVITES YOU TO...

***** IMPROVE YOUR SKATING SKILLS *****

The Fairfax Ice Arena Skating Camp offers its unique teaching concept in a concentrated effort to help students of all ages and levels improve their skating skills. Now is your chance for Alpha (equivalent of taking one series of lessons) through Freestyle six, to enjoy 2 full weeks of concentrated ice skating. Also, we will be introducing moves in the field as well as helping each student learn a program, so they may attend future competitions and ice shows.

All of the above is an effort to offer more than just one half-hour lesson per week and at an affordable cost which includes

all instruction. Many students can accomplish more in one full week than they would normally in several months. So don't miss out on the fun and excitement of our summer camp where you will be able to brush up on your old skills, learn new ones and skate in the ice show.

The Fairfax Ice Arena I.S.I. Lesson Summer Camp is offered to all students. There are no ability requirements to participate in the summer camp, except the completion of the TOT 1 & 2 or Pre-Alpha course or equivalent.

SKATING SESSIONS AND RATES

The I.S.I. Summer Skating Camp is offered for one week and you will receive instruction in the following areas: program, practice, stroking, ice show, lecture, maneuver class and an introduction to moves in the field. At registration, each student will receive a practice card good for public sessions.

***** I.S.I. SUMMER SKATING SESSIONS *****

GROUP MANEUVER LESSONS: This class is offered to all students from Tot 3 through Freestyle 6. Each student will learn the maneuvers of their level.

PROGRAM LESSON: Programs will be taught by level in a group setting to all students. Students will also have time to skate their program uninterrupted.

STROKING LESSON: The foundation of all skating is stroking, and this class will help the skater develop maximum power and control by coordinating thrust, knee-bend, and weight transfer.

ICE SHOW PRACTICE: This will be held in a group class preparing for the ice show. Each student will be in the ice show. The show will consist of several group numbers, with each instructor working with specific groups to plan the program, music and costumes. Costumes may vary in cost. Please consult instructor. Students wanting to be in the ice show should attend both weeks of ice show practice. There is no additional charge for ice show practice.

OFF ICE SESSIONS: As time permits, sessions will be held. Students will be exposed to dance, strength training, and other off ice techniques for ice skaters.

MOVES IN THE FIELD AND EDGEWORK OR ICE GAMES: Alpha thru Delta skaters will work on edgework, and freestyle skaters will work on moves in the field. Good edge control is a must and will strengthen the skater's overall skating control.

PRACTICE: General Practice Time will be available for all students to practice the skills they learn.

SUMMER CAMP PRACTICE CARD: Get in shape before camp begins. Four passes will be issued at registration to each student to be used at any public session when you register by AUGUST 1st.

CAR POOL: If you would like to share driving responsibilities with another individual, please let our office know.

***** SUMMER SKATING RATES *****

Subject to Change

I.S.I. SUMMER CAMP	ALPHA thru DELTA	Freestyle 1 & above
One Week	\$196.00	\$214.00
Two Weeks	\$325.00	\$349.00
<i>Adding 2nd Week if available</i>	\$163.00	\$179.00

Summer skating rates include instruction and admission to all skating sessions of your level.

Applications must be received by AUGUST 1st. Additional \$15.00 charge for applications received after AUGUST 1st. \$5.00 service charge for cancellations for any reason.

REGISTER AT LESSON OFFICE OR CALL FAIRFAX ICE ARENA AT 703-323-1132

***** PROPOSED DAILY SCHEDULE *****

Monday thru Friday Subject to Change

AGES — All children and teens under 18 years old are eligible. Young children under 7 years old may receive additional break time.

TOT 3/4, TOT 5, ALPHA, BETA, GAMMA, DELTA	FREESTYLE 1, FREESTYLE 2, FREESTYLE 3	FREESTYLE 4, FREESTYLE 5, FREESTYLE 6
TIME ACTIVITY	TIME ACTIVITY	TIME ACTIVITY
3:15-3:25 pmStroking	9:35-9:50 amStroking	8:10-8:25 am.....Stroking
3:25-3:55 pm.....Maneuvers	9:50-10:20 amManeuvers	8:25-8:55 amManeuvers
3:55-4:10 pmIce Resurface	10:20-10:50 amProgram	8:55-9:25 amProgram
4:10-4:40 pmEdges	10:50-11:00 am.....Practice	9:25-9:35 amIce Resurface
4:40-5:00 pmProgram	11:00-11:15 amIce Resurface	9:35-11:15 amBreak Off Ice
5:00-5:30 pmIce Show	11:15-12:20 pmBreak Off Ice	11:15-11:35 am.....Field Moves/Dance Step
	12:20-12:30 pmIce Resurface	11:35-11:50 am.....Practice
	12:30-12:50 pmField Moves/Dance Step	11:50-12:20 pm.....Ice Show
	12:50-1:20 pmIce Show	

ICE SHOW — Saturday, September 3...10:15 am – 11:45 am ★ **DRESS REHEARSAL** — Before Ice Show...8:30 am – 10:00 am
 • Summer Camp Schedule is subject to change. Amounts of time for each skating activity are subject to change.