



★ ★ ★ FAIRFAX ICE ARENA presents this July 12th ★ ★ ★

SUMMER ICE SKATING CAMP FOR KIDS

SUMMER CAMPS FOR KIDS

Fairfax Ice Arena is offering a one-week **SUMMER SKATING CAMP** for kids this summer. This camp will be offered July 12th for Tots through Freestyle 4. Price includes ice time, instruction, supervision, T-shirt and lunch. Lunch will consist of a hot dog or slice of pizza, chips or fruit cup, and drink (soda, juice, or water).

SUMMER CAMP WILL BE OFFERED MONDAY THROUGH FRIDAY FROM 1:00 TO 5:00 PM.

★ ★ ★ SUMMER CAMP ACTIVITIES ★ ★ ★

GROUP MANEUVER LESSONS: This class is offered to all students from Tot 3 through Freestyle 4. Each student will learn the maneuvers of their ISI level.

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.

LUNCH: Fairfax Ice Arena will provide lunch.

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

MOVES IN THE FIELD, EDGEWORK AND 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. Register before June 12th and get 2 FREE passes to be used at any public session.

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

★ ★ ★ SUMMER SKATING RATES ★ ★ ★

ONE WEEK SUMMER CAMP	ALPHA.thru DELTA \$175.00	Freestyle 1 & above \$193.00
<i>Price includes skating schedule below from 1-5 pm and lunch at the Arena Café.</i>		

Register at Lesson Office

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

Registrations must be received by June 19th to assure the T-shirt order is on time. Registrations after June 19th will be subject to an additional \$15.00 service charge and may not receive a T-shirt to start the camp.

★ ★ ★ PROPOSED DAILY SCHEDULE MONDAY THRU FRIDAY ★ ★ ★

WEEK OF JULY 12-16

TOT 3/4, TOT 5, ALPHA		BETA, GAMMA, DELTA		FREESTYLE 1, 2, 3 & 4	
TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY
1:00-1:30 pm	Check-In	1:00-1:30 pm	Check-In	1:00-1:30 pm	Check-In
1:30-2:00 pm	Lunch	1:30-2:00 pm	Public	1:30-2:00 pm	Off Ice Session
2:00-2:30 pm	Off Ice Session	2:00-2:30 pm	Lunch	2:00-2:30 pm	Public
2:30-3:00 pm	Public	2:30-3:00 pm	Off Ice Session	2:30-3:00 pm	Lunch
3:00-3:15 pm	Ice Resurface	3:00-3:15 pm	Ice Resurface	3:00-3:15 pm	Ice Resurface
3:15-3:25 pm	Stroking	3:15-3:25 pm	Stroking	3:15-3:25 pm	Stroking
3:25-3:45 pm	Edges	3:25-3:45 pm	Edges	3:25-3:45 pm	Field Moves
3:45-4:05 pm	Maneuvers	3:45-4:05 pm	Spin Club	3:45-4:05 pm	Jump Class
4:05-4:30 pm	On-Ice Games	4:05-4:30 pm	On-Ice Games	4:05-4:30 pm	On-Ice Games
4:30-5:00 pm	Check-Out	4:30-5:00 pm	Check-Out	4:30-5:00 pm	Check-Out

AGES — All children and teens under 18 years old are eligible.

Young children under 7 years old may receive additional break time.

Camp schedule is subject to change. Amounts of time for each skating activity are subject to change.

★ ★ ★ **LIMITED REGISTRATION** ★ ★ ★

**FOR CAMP REGISTRATION OR INFORMATION INQUIRE AT LESSON OFFICE
OR CALL FAIRFAX ICE ARENA 703-323-1132**