

## OFF ICE

- Exploration of movement and dance
- Conditioning for strength, balance, endurance, flexibility, and power
- Goal setting and nutrition



## ON ICE

- Jumps, Moves in the Field, Spins
- Artistry and Performance
- Power and Edge Technique



For skaters  
Pre-Free Skate -  
PrePreliminary

*entering grades 2-8*



Registration Fee:  
\$325 first child;  
\$300 siblings

Early Bird Discount  
(before May 1):  
\$300 first child;  
\$275 siblings

# FIGURE SKATING CAMP

**JULY 8-12, 2019 | 8:30 AM-5 PM**

**FORT DUPONT ICE ARENA**

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