

SKATING LEVELS OFFERED: Tot 3 thru Freestyle 6

HAVE FUN • FUN • FUN • FUN



Your choice of 1 week or 2 weeks

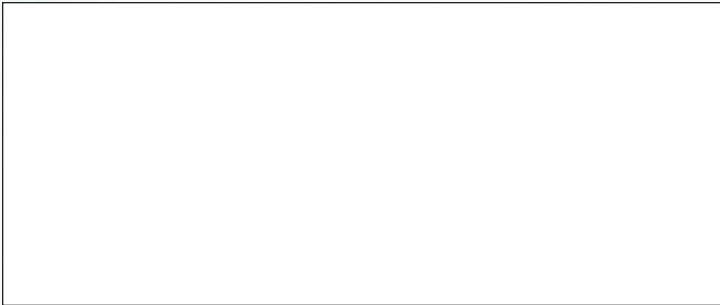
AUGUST 10 - AUGUST 14
AUGUST 17 - AUGUST 21

2020 Summer I.S.I. SKATING CAMP



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

PLACE
STAMP
HERE



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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 TOT 3/4 (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: Four passes will be issued on the first day of camp to each student to be used at any public session.

★ ★ ★ SUMMER SKATING RATES ★ ★ ★

Subject to Change

I.S.I. SUMMER CAMP	TOT 3/4 thru Delta	Freestyle 1-6
One Week	\$250	\$280.00
Two Weeks	\$400	\$450.00
<i>Adding 2nd Week if available</i>	\$200	\$220.00

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

Applications must be received by AUGUST 7th. Additional \$15.00 charge for applications received after AUGUST 7th.

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
2:45-2:55 pm. Stroking	9:05-9:20 am. Stroking	7:40-7:55 am. Stroking
2:55-3:25 pm. Maneuvers	9:20-9:50 am. Maneuvers	7:55-8:25 am. Maneuvers
3:25-3:40 pm. Ice Resurface	9:50-10:20 am. Program	8:25-8:55 am. Program
3:40-4:10 pm. Edges	10:20-10:30 am. Practice	8:55-9:05 am. Ice Resurface
4:10-4:30 pm. Program	10:30-10:45 am. Ice Resurface	9:05-10:45 am. Break Off Ice
4:30-5:00 pm. Ice Show	10:45-11:50 am. Break Off Ice	10:45-11:05 am. Field Moves/Dance Step
	11:50-12:00 pm. Ice Resurface	11:05-11:20 am. Practice
	12:00-12:20 pm. Field Moves/Dance Step	11:20-11:50 am. Ice Show
	12:20-12:50 pm. Ice Show	

ICE SHOW — Saturday, August 22...10:00 am-11:45 am ★ DRESS REHEARSAL — Before Ice Show...8:00 am-9:45 am

• Summer Camp Schedule is subject to change. Amounts of time for each skating activity are subject to change.