

## GEFSC LTS BASIC SKILLS CAMP

GEFSC LEARN TO SKATE WILL BE OFFERING A ONE DAY CAMP FOR THE FOLLOWING DATES:

- FRIDAY JULY 15TH, 2022
- FRIDAY JULY 22ND, 2022
- FRIDAY JULY 29TH, 2022

THE CAMP DATES LISTED ABOVE ARE FOR SKATERS WORKING ON THE BASIC 3 THROUGH FREE SKATE 6 LEVEL SKILLS.

### SCHEDULE:

*8:30-9:30am off ice warm up class*  
*9:45-10:45am Yoga/Stretching*  
*11-11:30am lunch*  
*11:45am-12:45pm Off Ice Harness class*  
*1:00-1:30pm On Ice Power*  
*1:30-2:00pm On Ice Artistry/Edges*  
*2:00-3:00pm Off Ice Skill Building*

### COST:

LTS/CLUB MEMBERS: \$50.00

NON-MEMBERS: \$75.00

Registration forms can be found on the GEFSC bulletin board at Swonder Ice Arena. Payment and registration forms may be placed in the GEFSC Learn to Skate Mailbox.

We WILL have supervision for the basic skills skaters the entire day. Skaters are to bring their own lunch.