

## June High Performance (HP) Camp Schedule ( May 30<sup>th</sup> to June 3<sup>rd</sup>)

### Group A-B ONLY /Clareview Arena

Monday	Tuesday	Wednesday	Thursday	Friday
3:00-4:00pm FS	3:00-4:00pm FS	3:00-4:00pm FS	3:00-4:00pm FS	3:00-4:00pm FS
4:15-5:00pm FS	4:15-5:00pm FS	4:15-5:00pm FS	4:15-5:00pm FS	4:15-5:00pm FS
5:00-5:30pm Stroking	5:00-5:30pm Spins	5:00-5:30pm Stroking	5:00-5:30pm Spins	5:00-5:30pm Stroking
5:45-6:30pm Pairs	5:45-6:30pm Stroking	5:45-6:30pm Pairs	5:45-6:30pm Stroking	5:45-6:30pm Pairs

### June Camp Schedule (June 6<sup>th</sup> to 30<sup>th</sup>) -REVISED SCHEDULE

GROUP A	GROUP B	GROUP C	GROUP D
<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>
3:00-4:00pm FS 4:15-5:00pm FS Option: 4:15-5:30pm FS 5:45-6:15pm Off-ice	4:15-5:30pm FS 5:45-6:15pm Off-ice	4:45-5:30pm FS 5:45-6:15pm Off-ice	5:00-5:30pm Off-ice 5:45-6:30pm FS
<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
3:00-4:00pm FS 4:15-5:00pm FS Option: 4:15-5:30pm FS 5:45-6:15pm Off-ice	4:15-5:30pm FS 5:45-6:15pm Off-ice	4:45-5:30pm FS 5:45-6:15pm Off-ice	5:00-5:30pm Off-ice 5:45-6:30pm FS
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>
3:00-4:00pm FS 4:15-5:00pm FS Option: 4:15-5:30pm FS 5:45-6:15pm Off-ice	4:15-5:30pm FS 5:45-6:15pm Off-ice	4:45-5:30pm FS 5:45-6:15pm Off-ice	5:00-5:30pm Off-ice 5:45-6:30pm FS
<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>
2:00-2:45pm FS#1 3:00-4:00pm FS#2 4:15-5:00pm FS#3 -pick 2 only	3:00-4:00pm FS 4:15-5:00pm FS	4:15-5:00pm FS	4:45-5:30pm FS
<b>Friday</b>	<b>Friday</b>		
3:00-4:00pm FS 4:15-5:00pm FS 5:00-5:30pm Stroking 5:45-6:30pm Pairs	3:00-4:00pm FS 4:15-5:00pm FS 5:00-5:30pm Stroking		

**Grand Trunk Arena June 6 to 24 / Castle Downs Arena June 27 to 30  
June 8<sup>th</sup> (Clareview Arena)**

WEEKS	DATES	DAYS	GROUP D	GROUP C	GROUP B	GROUP A
HP Camp	May 30,31, June 1,2,3	5 Days	N/A	N/A	\$100	\$100
June #1	June 6,7,8,9,10	5 Days	\$50	\$50	\$85	\$100
June #2	June 13,14,15,16,17	5 Days	\$50	\$50	\$85	\$100
June #3	June 20,21,22,23,24	5 Days	\$50	\$50	\$85	\$100
June #4	June 27,28,29,30	4 Days	\$40	\$40	\$68	\$80

# Fliteway Summer Skating Camps

Castle Downs Arena / July 4<sup>th</sup> to August 5<sup>th</sup>, 2022

## July/August Schedule (July 4<sup>th</sup> to August 5<sup>th</sup>)

GROUP A	GROUP B	GROUP C	GROUP D	Pair Academy
<b>Monday to Thursday</b> 1:30-2:00pm Off-ice 2:15-3:00pm FS 3:00-3:15pm Spins 3:30-4:15pm FS 4:15-4:45pm Stroking 5:00-5:30pm Off-ice	<b>Monday to Thursday</b> 12:00-12:15pm Off-ice 12:30-1:15pm FS 1:15-1:30pm Spins 1:30-2:00pm Stroking 2:15-2:45pm Off-ice 3:30-4:15pm FS	<b>Monday to Thursday</b> 12:00-12:15pm Off-ice 12:30-1:15pm FS 1:15-1:30pm Spins 1:30-2:00pm Stroking 2:15-2:45pm Off-ice	4:30-4:45pm Off-ice 5:00-5:45pm FS 5:45-6:00pm Stroking 6:05-6:35pm Off-ice	11:30-12:30pm Pairs 12:45-1:15pm Lifts Off-ice
<b>Fridays</b> 9:00-9:30am Simulation 9:30-10:30am FS 10:30-11:00am Spins 11:15-11:45am Off-ice	<b>Fridays</b> 9:00-9:30am Simulation 9:30-10:30am FS 10:30-11:00am Spins 11:15-11:45am Off-ice	<b>Fridays</b> 10:30-11:00am Off-ice 11:15-12:00pm FS 12:00-12:15pm Stroking	<b>Fridays</b> 10:30-11:00am Off-ice 11:15-12:00pm FS 12:00-12:15pm Stroking	

WEEKS	DATES	DAYS	GROUP D	GROUP C	GROUP B	GROUP A
Week #1	July 4,5,6,7,8	5 Days	\$80	\$95	\$110	\$115
Week #2	July 11,12,13,14,15	5 Days	\$80	\$95	\$110	\$115
Week #3	July 18,19,20,21,22	5 Days	\$80	\$95	\$110	\$115
Week #4	July 25,26,27,28	4 Days	\$64	\$76	\$88	\$92
Week #5	August 1,2,3,4,5	5 Days	\$80	\$95	\$110	\$115
Extra	August 9,10	2 Days	N/A	N/A	\$30	\$30

### Off-ice (additional class added)

- Daily off-ice jump technique session / core strength (NEW)
- Monday/Wednesday Fitness (Cardio)
- Tuesday/Thursday (Strength)
- Independent Cool Down (skaters are encouraged to end each day with 15 to 20 minutes of stretching and flexibility)

### Fun Days

- Thursdays will be Theme days. Prizes for the best costume or theme

### Stroking Classes (new)

- Mondays and Wednesdays will be Edge/Turn
- Tuesdays will be endurance
- Thursdays will be performance (creative expression, GOE development, component score development)

3 Month Packages (includes June, July & August) -pay 1 price and skate as much as you want <b>SAVE 15%</b> Payments June 1 <sup>st</sup> , July 1 <sup>st</sup> , August 1 <sup>st</sup>			
<b>Group A:</b> \$292 per/month	<b>Group B:</b> \$270 per/month	<b>Group C:</b> \$183 per/month	<b>Group D:</b> \$178 per/month