

# Fliteway Summer Skating Camps

Castle Downs Arena / STARSkate Schedule  
 July 5<sup>th</sup> to August 13<sup>th</sup>, 2021 / 6 weeks / All levels welcome

GROUP A	GROUP B	GROUP C	PAIRS
<b>Monday &amp; Wednesday</b> 2:15-3:00pm Free 3:00-3:15pm Spins 3:30-4:15pm Free 4:15-4:45pm Stroking 5:00-5:30pm Off-ice Fitness	<b>Monday &amp; Wednesday</b> 12:30-1:15pm Free 1:15-1:30pm Spins 1:30-2:00pm Stroking 2:15-2:45pm Off-ice Fitness	<b>Monday to Thursday</b> 4:15-4:45pm Off-ice 5:00-5:45pm Free 5:45-6:30pm Stroking	<b>Monday to Thursday</b> 11:45-12:30pm Free 12:45-1:15pm Off-ice Lifts
<b>Tuesday &amp; Thursday</b> 1:30-2:00pm Off-ice Jumps 2:15-3:00pm Free 3:00-3:15pm Spins 3:30-4:15pm Free 4:15-4:45pm Stroking	<b>Tuesday &amp; Thursday</b> 12:30-1:15pm Free 1:15-1:30pm Spins 1:30-2:00pm Stroking 2:15-2:45pm Off-ice Fitness	<b>FRIDAY</b> 10:30-11:00am Off-ice Run 11:15-11:30am Stroking 11:30-12:15pm Free	
<b>FRIDAY</b> 9:00-9:30am Simulations 9:30-10:30am Free 10:30-11:00am Spins 11:15-11:45pm Off-ice Run	<b>FRIDAY</b> 10:30-11:00am Off-ice Run 11:15-11:30am Stroking 11:30-12:15pm Free		

**Recommended Skating Levels (skaters list attached)**