



Castle ice arena presents

www.castleice.com 425-254-8750

Summer Ice Skating Camp for KIDS

Castle Ice Arena is offering 2-one week summer skating camps for kids 6 years old and up. These camps will be offered July 13th - July 17th and August 10th - August 14th for tots thru Freeksate 4. Price includes ice time, skate rental, on-ice and off-ice instruction, supervision, games crafts and movies. Also included are daily snacks and pizza lunch on Friday (please pack your own lunch Monday-Thursday, we will provide beverages).

SUMMER CAMP ACTIVITIES

Basic Skills Lessons: Focusing on maneuvers according to the skaters current basic skills level.

Stroking Lessons: Strong foundation is essential in good skating. This class will work on developing power and control by coordinating thrust, knee bend and weight transfer.

Off-ice Sessions: Skaters will be exposed to off-ice exercises for jumping, strength training and flexibility

Recital Performance: To be performed on the last day of class. Performance will include camp participation as well as guest performances from our Cascade Valley Figure Skating Club.

Summer Camp Practice Card: Get in shape before summer camp begins. Register before June 29th and receive 2 free public sessions.

Practice: Practice time will be included to practice the skills they learn.

Video/Movies: During lunch we will incorporate some skating videos as well as some of kids favorite movies.



SUMMER CAMP FOR KIDS

SUMMER CAMP DAILY SCHEDULE Monday thru Friday

9:00am - 9:15am check in
9:15am - 9:45am off-ice instruction
9:45am - 10:15am games/crafts
10:15am - 10:30am skates on
10:30am - 11:30am on-ice lessons/rehearsal

11:30am - 11:45am skates off
11:45am - 1:00pm lunch, videos/movies
1:00pm - 3:00pm on-ice practice time
3:00pm - 4:00pm snack, games/crafts
Friday's 3:00pm - 3:30 Recital Performance

Waiver

I, _____ the parent of _____ do hereby give my consent to any authorized physician to perform such medical services as may be necessary because of my participation of my child in the Castle Ice Arena activities. I do further hereby release, absolve, indemnify and hold harmless Castle Ice Arena, the officers, board members, coaches, supervisors, appointed by them or any authorized physician. I understand that the term "authorized" physician means not only our own physicians but any other licensed, participating physician who is called to perform the required medical services.

Parent/Guardian signature _____

Date: _____

SUMMER CAMP DATES AND RATES

July 13th - 17th

1/2 Day 9am to 1pm \$150

Full Day 9am to 4pm \$215

Safari Theme Performance

Name: _____ M/F _____ D.O.B _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Class Start Date and Time: _____

Basic Skill Level (circle one) Tot 1 2 3 4 5 6 7 8

Freeskate level (circle one) 1 2 3 4

August 10th - 14th

1/2 Day 9am to 1pm \$150

Full Day 9am to 4pm \$215

Movie Theme Performance