

2020 Learn to Skate SUMMER CAMP Registration
 Online Registration available at skatefrederick.com

PLEASE PRINT CLEARLY

Skater Name _____ D.O.B. ___/___/___ Age ___

Current Skating Level ___ Food Allergies? ___ Yes ___ No

Please list food allergy: _____

Skater Name _____ D.O.B. ___/___/___ Age ___

Current Skating Level ___ Food Allergies? ___ Yes ___ No

Please list food allergy: _____

Parent's Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Emergency Contact _____

Emergency Contact Phone _____

SAVE \$15 * Register by MAY 18

4 & 5 Year Old Camp (3 days * 9am-12pm) \$115 \$ _____

July 7—9 (Tues-Thurs) * August 4—6 (Tues-Thurs)

Basic Skills Camp (5 days * 9am-12pm) \$169 \$ _____

July 6—10 * August 3—7

Intermediate FS Camp (5 days * 8:30am-12pm)

July 13—17 \$189 \$ _____

Advanced FS Camp (5 days * 8:30am-3pm)

July 20—24 ****Pack a healthy lunch each day** \$289 \$ _____

Introduction to Ice Hockey (5 days)

Please indicate jersey size: **YS YM YL YXL AS

July 13—17 (1-5pm) * August 3—7 (9am-1pm) \$199 \$ _____

SUB TOTAL \$ _____

\$15 Early Discount—Register by MAY 18 \$ _____

\$5 Discount for 2nd family member \$ _____

TOTAL DUE \$ _____

PAYMENT METHOD: *Make checks payable to Skate Frederick*

Cash: ___ Check # _____

Visa / Master / Discover _____ / _____ / _____

Exp. ___/___/___ Billing Zip _____

REFUND POLICY

NO refunds or credits will be issued without a doctor's note. All refunds will be subject to a \$15 bookkeeping fee.

All fees for camps cancelled by the Skating School will be refunded in full.

SKATE FREDERICK'S RELEASE

In consideration of the Participant being permitted to register and participate in ice skating at Skate Frederick LLC we do hereby forever release and discharge its Directors, Coaches, Agents, Employees and any person or corporation connected herewith from all manner of action, injury, damages, casts, claims or demands which we shall or may hereafter have suffer or received by reason of such participant in any program at the center. The release shall be binding on our heirs, assigns, executors and administrators. It is further agreed that Skate Frederick shall not be considered to guarantee or warrant such equipment as may be used in the conducting of said ice skating activity. Skate Frederick LLC reserves the right to use any pictures taken during the skating activity for advertising and/or promotional purposes.

I HAVE READ AND UNDERSTOOD ALL THE INFORMATION PRESENTED IN THIS BROCHURE.

Signature _____

Date _____

If skater is under age 18, parent/guardian signature is required.

Start your Skating Experience
 with **Skate Frederick's**
2020 Learn to Skate SUMMER CAMPS

REGISTER EARLY!
 Online: www.skatefrederick.com
 Call: 301-662-7362
 Fax: 301-662-7361

SKATE FREDERICK
 ICE • SPORTS • & MORE
 1288 Riverbend Way
 Frederick, MD 21701

4 & 5 Year Old Ice Skating Camp

\$ 115 per camp

July 7—9 * August 4—6

Tuesday—Thursday * 9am—12pm

(Beginner thru Snowplow 3 levels)



Learning to skate is easy when you're having fun!

Our innovative instructors have come up with a great way for skaters 4 & 5 year old to make new friends while having instruction in a fun rather than formal lines.

The goal is to eliminate fear, coordinate skills, and acquire self-confidence. You may see us fall down a lot and play games that appear to have nothing to do with skating. When actually the skaters are learning balance, forward stroking, snowplow stops, swizzles, and more.

Camp includes rental skates, a craft time, snacks & juice, and a performance on Thursday at 11:30am.



Basic Skills Ice Skating Camp

\$ 169 per camp

July 6—10 * August 3—7

Monday—Friday * 9am—12pm

(Beginner thru Basic 4 levels ages 6 & above)

Start your day off right! This camp, beginners thru Basic 2, is designed to learn how to stroke, glide, and swizzle across the ice. Basic 3 & 4 skaters will work on perfecting crossovers.

Other skating disciplines, hockey and synchronized skating will be introduced during work stations.



Camp includes rental skates, snacks & juice, and a performance on Friday at 11:20 am.

Intermediate Figure Skating Camp

\$ 189 per camp

July 13—17

Monday-Friday * 8:30am-12pm

(Basic 5 thru Freeski 2 levels)



The Intermediate Camp

will introduce skaters with off-ice training techniques and their benefits.

Take your endurance to the next level with power classes instruction. Jumps, spins, edge control, synchronized skating and much more.



Camp includes rental skates, snacks & juice, and a skills performance on Friday at 11:20 am.

CAMP COACHING STAFF

Skate Frederick's camps and classes are taught by certified instructors of US Figure Skating (USFS), Learn to Skate USA and the Professional Skaters Association (PSA), along with background checks.

SNACKS

A daily snack and apple juice will be provided by Skate Frederick at morning break time.

Our snacks are allergy friendly. Please make us aware of any food allergies your skater may have.



FOR MORE INFORMATION

Contact Kelly Orndorff

Skating School Director

k.orndorff@comcast.net

301-662-7362 ext. 16

Advanced Figure Skating Camp

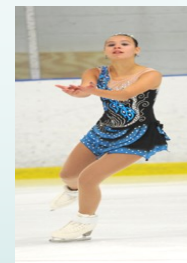
\$ 289 per camp

July 20—24

Monday-Friday * 8:30am-3pm

(Freeski 3 & above levels)

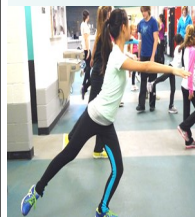
Synchro skaters and USFS
Pre-preliminary & above



BRING A HEALTHY LUNCH EACH DAY!

Training benefits all aspects of ice skating for these levels. Camp instruction includes the following training practices:

Off-Ice Stretches: Training your muscles to get ready for the on-ice skating.



Figures: Controlling proper usage of inner and outer edges.

Power Skating: Building endurance to add extra power to your skating. There's no such thing as too much power.

Jumps: Covering technique for take-off, mid-air, and landings. On-ice and off-ice training.

Spins: Improving entry to spins, control and exit.

Camp includes daily morning snack & juice and a skills performance on Friday at 1:30 pm.

INTRODUCTION To Ice Hockey

\$ 199 per camp

July 13-17 * 1 pm—5 pm

August 3-7 * 9 am—1 pm



Taught by USA Hockey certified instructors, this camp is for youth players who can independently skate forward in hockey skates but have limited ice hockey skills.

For other hockey camps & clinics, see Skate Frederick's Victory Hockey Summer Camps and Clinics or contact Joyce, at

sk8fredhockey@gmail.com

