

2010 SQSA Summer Camp Info / Need to Know
9am – 4pm July 12th – July 16th, 2010

Camp will begin promptly at 9:00AM each day. There will be a 15 minute informational meeting for parents from 8:45 – 9:00AM on Monday, July 12.

This camp is recommended for skaters between the ages of 4 – 13, that are skating between the levels of beginner and Freestyle 5.

Proper equipment (for on ice / off ice activities) is required.

- Leather skates
- Gloves / mittens
- Skate Guards
- Tennis shoes
- Athletic clothing (Please make sure your child dresses in layers, as the rink is cold, but we will be doing off ice activities both indoors and outdoors). You will want to make sure that your child has a short sleeve shirt on underneath his / her warmer clothing.

Skaters are responsible for bringing their own lunches and snacks.

We will have two snack breaks and a lunch break each day. Please plan accordingly and pack a lunch, along with two snacks, for your child each day of camp.

Camp activities will include: (activities will not necessarily be held in this order, or on every day)

- Warm up exercises
- Off ice dance / stretch
- On ice Power skating class
- On ice Jumps / spins
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- Performance practice
- On ice music interpretation
- Arts and Crafts

This camp features on ice and off ice activities, designed to help introduce and grow your skater in the multifaceted sport of figure skating!

Any questions regarding SQSA Summer Skating Arts Camp should be directed to Raleigh Weld, at

rweld@sqsaparade.com , or at 612.207.5046.

Cost of the camp is \$275.00. Early Bird Special is \$240.00, and must be post marked no later than May 1, 2010. Please make check out to SQSA. Mail to / drop off at:
Parade Ice Garden, Attn: Raleigh Weld
600 Kenwood Parkway
Mpls, MN 55403

Special Performance for Parents

There will be a small performance given by the campers for parents, family, and friends the last day of camp (Friday, July 16) at 3pm. After the performance, parents, friends, etc are invited to join the skaters on the ice for some skating. Skates can be rented from Parade Ice Garden for \$2 / pair.

