

Camp Westwood in Partnership with the St. Margaret's Bay Skating Club presents:

# Figure Skating Summer Program

*July 9th - August 24th*



**Test Day TBA Sometime in July**

Hosted by St. Margaret's Bay Skating Club at  
St. Margaret's Centre

*Guest Coaches TBA*

**SUMMER DEAL!**  
10% off when you purchase 3 or more weeks

## Information

- All sessions will be held at St. Margaret's Centre. Dates and times are subject to change. Please check website regularly for notice of change in dates. Summer School registration will be taken on a first come first serve basis with completed registration.
- All skaters must have completed forms and payment before stepping on ice. Daily rate available if space allows. Please contact Charleen if you have any questions.
- All skaters must be registered with Skate Canada.
- Any Skate Canada coach that wishes to teach on a St. Margaret's Centre/St. Margaret's Bay Skating Club/Camp Westwood session must contact Charleen Cameron. All skaters must be accompanied by their coach or have made arrangements through Charleen.
- Group sessions, stroking and off-ice lessons are included.

*All other lessons are the responsibility of the skater.*

## Program Codes

When you register please specify whether you are Senior or Junior Session.

Senior (S) Junior (J)

July 9th - 13th

July 16th - 20th

July 23rd - 27th

July 30th - August 3rd

August 6th - August 10th

August 13th - 17th

August 20th - 24th

**PROGRAMS THAT DO NOT REACH  
MINIMUM REGISTRATION WILL EITHER  
BE CANCELLED OR MERGED**

## PROGRAM QUALIFICATIONS AND DESCRIPTIONS

### Senior

- Must have Jr bronze Freeskate
- 3 Freeskates
- 1 dance class or 1 off-ice class per day  
PLUS Modified Full Schedule on Friday

### Junior

- Must be working on Star 2 elements and be able to function on their own when not in lesson
- 2 Freeskates
- 1 dance class or 1 off-ice class per day  
PLUS Modified Full Schedule on Friday

***Any skater requiring afternoon camp program, needs to indicate this at time of registration.***

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am - 8:15am	1 GROUP SESSION/ SPINS/FIELD MOVES	1 GROUP SESSION/ STROKING	1 GROUP SESSION/ SPINS/FIELD MOVES	1 GROUP SESSION/ STROKING	1 GROUP SESSION/ SPINS/FIELD MOVES
8:15am - 9:00am	FREESKATE #1	FREESKATE #1	FREESKATE #1	FREESKATE #1	FREESKATE #1
9:00am - 9:10am	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
9:10am - 9:55am	FREESKATE #2	FREESKATE #2	FREESKATE #2	FREESKATE #2	FREESKATE #2
9:55am - 10:05am	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
10:05am - 10:50am	FREESKATE #3	FREESKATE #3	FREESKATE #3	FREESKATE #3	FREESKATE #3
10:50am - 11:00am	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
11:00am - 11:45pm	FREESKATE #4	FREESKATE #4	FREESKATE #4	FREESKATE #4	FREESKATE #4
11:45am - 12:30pm	CHOREOGRAPHY	CHOREOGRAPHY	CHOREOGRAPHY	CHOREOGRAPHY	SIMULATION
12:00pm - 12:45pm	DANCE CLASS/ CONDITIONING	DANCE CLASS/ CONDITIONING	DANCE CLASS/ CONDITIONING	DANCE CLASS/ CONDITIONING	-----

## \*Tentative Schedule\*

Due to Guest Coaches/Dance Teachers/Personal Trainers the off ice session may be moved around throughout the week.

Freeskate sessions will be assigned to skaters.

Out of town skaters that need help with accommodations please contact [skatecoach@gmail.com](mailto:skatecoach@gmail.com)

## PRICING

### SENIOR - 3 Freeskates/day.

Includes: 3 Freeskates, 1 group session, 1 dance off ice class or 1 off ice session (Friday schedule on ice only)  
Plus Friday Simulation

5 days/week - \$200/week  
\$50 a day

### JUNIOR - 2 Freeskates/day.

Includes: 2 Freeskates, 1 group session, 1 dance off ice class or 1 off ice session (on ice only)  
Plus Friday Simulation

5 days/week - \$160/week *without* camp  
5 days/week - \$190/week *with* camp  
\$40 a day *without* camp  
\$50 a day *with* camp

If you need special arrangements made we can try to make it work. Just contact Charleen and we will see if we can make it happen.

Swimming - all skaters registered will be given a swim pass for the weeks they are registered so they can go for an afternoon public swim after their ice session.

***Summer Competition:*** For those interested there may be an opportunity to go to a summer competition out of province. If you are interested in competing this summer let Charleen know at [skatecoach@gmail.com](mailto:skatecoach@gmail.com)

***Camp Westwood (Ages 5 - 11)*** - if you need a fun place for their skater before or after their skating sessions arrangements can be made with Charleen.

### Simulations

Simulation time is available on Fridays. All skaters should participate.

### Off-ice training

All skaters should attend all the off ice programs. Off-ice includes ballet, hip hop, jazz, creative movement, performance/drama, cardio, yoga, and endurance.  
Please bring indoor sneakers.

### Lessons

Private lessons must be paid directly to the coach. If you need a list of coaches for summer please contact Charleen at [skatecoach@gmail.com](mailto:skatecoach@gmail.com). Group lessons that are listed on the schedule are included in the fees of the program. Guest coaches will be available for lessons. Must be booked in advance.