

CHEAM SKATING CLUB

SUMMER BOOTCAMP

**DATES: AUGUST 24,25,26 AND AUGUST 31 Through SEPTEMBER 1,2
2010**

TUESDAY	WEDNESDAY	THURSDAY
9:00 – 9:15 STROKING	9:00 – 9:30 STROKING	9:00 – 9:15 STROKING
9:15 – 9:45 FM / SP/ ET	9:30 – 9:45 SPINS	9:15 – 9:45 FM / SP/ ET
9:45-11:00 FREESKATE	9:45 – 11:00 FREESKATE	9:45-11:00 FREESKATE
11:15 – 12:00 OFF-ICE	11:15 – 12:00 OFF-ICE	11:15 – 12:00 OFF-ICE

STROKING / SPINS / FIELDMOVES / OFF-ICE: GROUP FORMAT

FREESKATE: PRIVATE LESSON FORMAT

ABBREVIATIONS:

FM – FIELDMOVES

SP – SPINS

ET – EDGES / TURNS