



Register now!

On our website:

skatingclubofjacksonhole.com

Off-Ice Training

Successful figure skating requires muscle control, flexibility and stamina.

Through off-ice conditioning the professional coaches guide skaters to improve suitable fitness skills and physical endurance.

Maintaining good physical health while training builds strength and confidence.



Skating Club of
Jackson Hole



PO Box 1165

Jackson Wyoming 83001

Skatingclubofjacksonhole.com

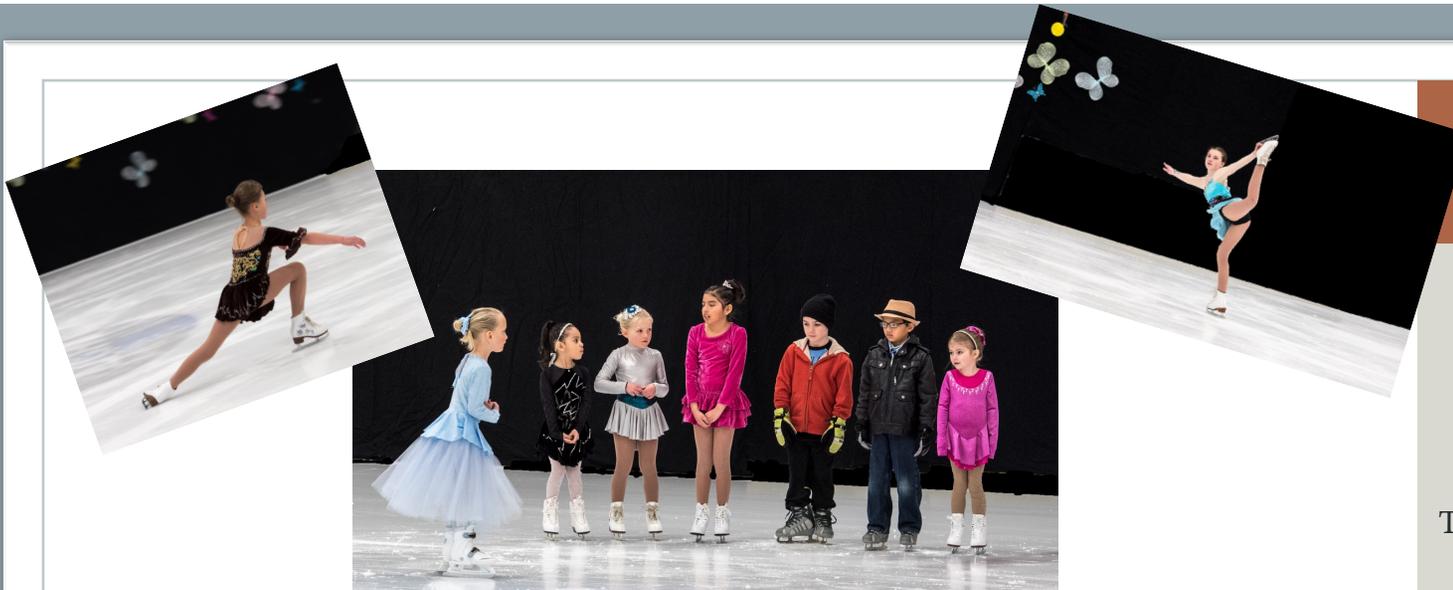
SCJH Summer Ice Skating Camp



August 10th-14th
August 17th-21st
2015



Basic Skills, Advanced,
and Adult classes



Join the Skating Club of JH for two weeks of Summer Ice!

BASIC SKILLS CAMP

Ages 5-up

Monday through Friday
 4:45- 5:30 Off Ice Ballet
 5:45-6:30 On ice classes
 6:30-6:45 Stretching

We are please to offer a comprehensive program to our younger skaters interested in improving their skating skills and gaining strength and endurance.

\$150 PER WEEK

ADULT CLASSES

Must be able to skate forward & backwards
 Monday through Friday

4:45-5:45

\$150 PER WEEK

6-student minimum

ADVANCED SKATERS

Skaters will be placed into ability groups for on-ice classes.

BASIC 8-FREESKATE 4

FREESKATE 5- UP

These skaters are able to land a flip jump and have a three-revolution camel spin.

Monday through Friday

3:00-4:00 Off-ice Dance
 (Parents drop off at DWS)

4:15-4:40 Snack Break

4:45-5:45 On-Ice Class

Edges, jumps and spins

6:00-6:20 Off-ice Jumps

6:30-7:45 Freestyle/Dinner

7:50-8:00 Off-ice Stretch

The Summer Ice Skating Camp is perfect for skaters committed to improving skate skills and working on goals while maintaining strength and endurance.

\$350 PER WEEK

Limited to 20 Advanced Skaters