

**iICEHOUSE**  
HACKENSACK, NJ

# FIGURE SKATING SUMMER ACADEMY CAMP

[WWW.ICEHOUSENJ.COM](http://WWW.ICEHOUSENJ.COM)

**FUN ON & OFF ICE TRAINING FOR  
BEGINNER & ADVANCED SKATERS  
MONDAY-FRIDAY 8AM-1PM  
THIS SUMMER!**

Offered Each Week

**JUNE 24-  
AUGUST 19**

No Classes

**THE WEEK  
OF JULY  
4TH**

Admission

**\$495**

## Camp Info

- ✓ Private Lessons Available
- ✓ Group Training with skaters of the same level
- ✓ Skaters Must Have Their Own Skates

**10% Sibling Discount**

## Registration Link

[www.icehousenj.com](http://www.icehousenj.com)

**More Information** 201-487-8444 @icehousefigureskating@gmail.com



# Camp Schedule

8am-8:30am Warm Up (Jump exercises/Flexibility Training)

8:45am-9:30am On Ice Instruction

9:30am-10am Spins & Stroking Class

10am-10:30am Break (please bring water & Snack)

10:30am-11:15am On Ice Training

11:15am-11:45am On Ice Practice

12pm-1pm Off Ice (Strength/Conditioning/Ballet)

## Dates Available

Week 1 6/24-6/28

Week 2 7/8-7/12

Week 3 7/15-7/19

Week 4 7/22-7/26

Week 5 7/29-8/2

Week 6 8/5-8/9

Week 7 8/12-8/16

Week 8 8/19-8/23

\*No Classes July 1 - July 5