

SUPER CHARGED SUMMER TRAINING PROGRAM EXTENSION PLAN



Summer Session:

* June 15, 2015 through
August 15, 2015

* Registration Begins May
18, 2015.

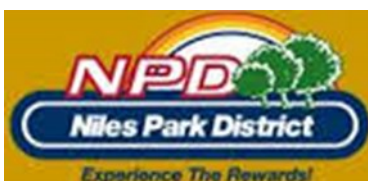
* 2 Week Non-Refundable
Fee due at time of
registration. After that
payment may be made
weekly with on file credit
card.

* Skaters must choose
their weeks at the time of
registration.

* There will not be refunds
for missed days.

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Are you participating in the Supercharged Summer Training Program?

Do you want to extend your skating day on Tuesday, Wednesday, and Thursday this summer?

We have the answer for you!

- There will be no "Super Charged" Extension the week of 7-27-15 to 8-1-15.*
- Freestyle schedule week of 7-27-15 to 8-1-15 may vary. Please check the website for the most up to date information.
- Extension plan will run on Tuesday, Wednesday, and Thursday from 11am-4pm.
- Skaters must provide their own lunch and two snacks for each day.
- Weather permitting, Wednesdays will be pool days.
- Must be freestyle1 and above.
- Must be participating in the Supercharged training Program fully on Tuesday, Wednesday, and Thursday of the week you add the extension plan on.
- Fee is for the full three days of that week. No daily payment option available.
- Weeks of extension plan must be provided at the time of registration.
- Must follow daily schedule provided on Tuesday, Wednesday, and Thursday for skaters level.
- EX. #1. A skater signs up for the 5 day per week(8Week) Super Charged Training Program and wants to stay at camp on Tuesday, Wednesday, and Thursday till 4pm. They would sign up for this program in addition to the above program.
- EX. #2. A skater signs up for 6 weeks of the Super Charged a la carte classes and wants to stay at camp for those same six weeks. They would sign up for this in addition to the above.

Fees for Supercharged Summer Training Program Extension Plan:

Weekly fees are Tuesday, Wednesday and Thursday of the same week.

Resident: \$128 per week

Team IceLand Gold Member: \$138 per week

Non Resident: \$154 per week

*Super Charged Summer Training Program fees are not included in these fees. These are in addition to your registration for that program.

. Additional freestyle time may be purchased in three ways

* Walk On, Punch Cards, or Monthly Unlimited Passes.

Day schedule at a glance:

<u>Time</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
9:10am-9:40am	Level B Power with Super Charged Program	Level A Power with Super Charged Program	Level B Power with Super Charged Program
9:20am-9:50am	Level A—Off Ice Jump Class with Super Charged Program	Level B—Off Ice Jump Class with Super Charged Program	Level A—Off Ice Jump Class with Super Charged Program
10:00am-11:00am	Off Ice Class Level A/B with Super Charged Program	Off Ice Class Level A/B with Super Charged Program	Off Ice Class Level A/B with Super Charged Program
11:00am-12:00pm	Off Ice Class with Competitive Blade Camp	Off Ice Class with Competitive Blade Camp	Off Ice Class with Competitive Blade Camp
12:00pm-12:45pm	Lunch with Competitive Blade Camp	POOL-Lunch with Competitive Blade Camp	Lunch with Competitive Blade Camp
12:45pm-1:15pm	Off Ice Class with Competitive Blade Camp	POOL with Competitive Blade Camp	Off Ice Class with Competitive Blade Camp
1:15pm-1:30pm	Skates On with Competitive Blade Camp	POOL	Skates On with Competitive Blade Camp
1:30pm-2:30pm	Freestyle Practice with Competitive Blade Camp	POOL	Freestyle Practice with Competitive Blade Camp
2:30pm-2:50pm	Skates Off—Snack with Competitive Blade Camp	POOL	Skates Off—Snack with Competitive Blade Camp
2:50pm-3:50pm	Off Ice skating related activity - Video History Project with Competitive Blade Camp	POOL 3:30pm leave from pool to get back to the rink.	Off Ice skating related activity - Video History Project With Competitive Blade Camp
3:50pm-4pm	Clean Up—Get Ready to Leave	Clean Up—Get Ready to Leave	Clean Up—Get ready to Leave.

Skaters must provide the following items daily:

- Lunch and two healthy snacks.
- Skates
- Proper skating attire for Ice Skating •
- Well constructed gym shoes that tie, for off ice conditioning and off ice jump classes, no sandals. Cross training shoes are suggested. Flat shoes with no support will cause injuries.
- Ballet slippers are a must. Jazz shoes are optional.
- Bathing suit and towel for Wednesday pool days. All campers will be swim tested.
- Socks
- Exercise mat
- Two 2 to 3 pound hand weights.
- Small towel
- Jump rope
- Binder
- Competitive program music for freestyle sessions.
- Water bottle
- Sunscreen for activities outside.
- Special items for theme days. Information to come.