Join us for our international figure skating camp with our skilled coaches and experience the thrill of training in northern Norway above the Arctic Circle. Whether you're developing your skills or just starting your journey in figure skating, this 10 day training camp offers something for everyone!

## Camp includes:

Group A - 32 x Ice sessions

Group B - 24 x Ice sessions

Group C - 20 x Ice sessions

Spins and skating skills development
Jumping technique + exercises
Competition simulations on ice
Off-ice trainings
Dance classes
(Changes may occur)

## **Additional:**

- Harness practices on ice/off ice.
- Open ice hour can be booked for 80 NOK per hour, max 6 skaters on ice.
- Choreography sessions.
- Warm lunch, fruit and snacks.
- Entrance to the water park, a 5-minute walk from the ice rink.

# Camp cost for 10 days:

Group A 6000 NOK

Group B 5000 NOK

Group C 4200 NOK

# **Accommodation:**

The club is working on arranging nearby accomodation, either at a school or in sports facilities close to the rink. Please contact us by email to ishavsbyenkk@gmail.com if interested.

#### SIGN UP HERE BY APRIL 15TH.

Ice practices held by Peter Reitmayer, Tobias
Eisenbauer and Teresa Kovacz.

Off ice by Tobias Eisenbauer and Teresa Kovacz.

Ballet by (not set yet)