

Dates & Pricing

Spring Break Camp will be offered Tuesday (3/22), Wednesday (3/23), and Thursday (3/24) from 8:00 am until 12:30 pm.

Annual Membership Fee- \$10

3-Day Camp Fee- \$150

Daily Camp Fee- \$60

Please fill out our Spring Break Camp Registration Form and indicate how many days your skater will be participating.

Skaters may be dropped off at WSC and picked up at SoccerPlex.

Call Now
503 297 2521

Groups

Elite
Competitive

*Please ask your instructor or email wscfiguredir@gmail.com in determining which group best fits your skater.

Facilities

On Ice:

Winterhawks Skating Center
9250 Beaverton Hillsdale Hwy.
Beaverton, Oregon 97005

Off Ice:

Portland SoccerPlex
8785 SW Beaverton Hillsdale Hwy.
Portland, Oregon 97005

9250 SW BEAVERTON HILLSDALE HWY
BEAVERTON, OR, 97005
winterhawksskatingcenter.com



Spring Back into Action
with our

Spring Break
Camp

March 22-24, 2011

Space is limited, so enroll
today!

Mission & Objective

building a base for skating by teaching the **FUN**damentals
for both the beginning and advanced skater

Class Offerings

We will be offering a 3-day camp for figure skaters combining both on-ice and off-ice techniques. On-ice classes will range from Creative Movement to Jumps and Spins. Off-ice classes will include emphasis on a variety of aspects such as stretching, athletic training, and video analysis.

Competitive

	Tuesday 3/22	Wednesday 3/23	Thursday 3/24
8:00 – 9:00	Freestyle Session	Freestyle Session	Freestyle Session
9:00 – 9:30	Spins (Basics)	Edges / Footwork	Spins (DVs)
9:30 – 10:00	Jumps (Basics)	Power	Jumps (Combos)
10:00 – 10:45	Video Technique	Nutrition	IJS & History
10:45 – 11:15	Creative Movement	Improv / Interp	Games
11:15 – 11:30	Drive to SoccerPlex	Drive to SoccerPlex	Drive to SoccerPlex
11:30 – 12:30	Jumps / Core Dance	Boot Camp	Jumps Stretching

Elite

	Tuesday 3/22	Wednesday 3/23	Thursday 3/24
8:00 – 9:00	Freestyle Session	Freestyle Session	Freestyle Session
9:00 – 9:30	Spins (DVs)	Edges / Footwork	Spins (Fly / Combos)
9:30 – 10:00	IJS & History	Nutrition	Video Technique
10:00 – 10:45	Jumps (Exercises)	Power	Jumps (Combos)
10:45 – 11:15	Creative Movement	Improv / Interp	Games
11:15 – 11:30	Drive to SoccerPlex	Drive to SoccerPlex	Drive to SoccerPlex
11:30 – 12:30	Jumps Stretching	Boot Camp	Jumps / Core Dance