

FIGURE SKATING CAMP 2010

June 28 – August 27

Camp Highlights:

- Elite In-House Coaching Staff
- On & Off-Ice Training
- Ballet * Pilates * Jazz
- Leaps n' Turns * Yoga
- Conditioning * Stretching
- Circuit Training * Plyometrics
- Jump Class
- Power Stroking
- New Moves in the Field Clinics
- Specialized Clinics
- Nutritionist
- Sport Psychologist
- Seminar Series (TBA)
- Summer Extravaganza (TBA)
- Summer Extravaganza Rehearsals

USFS TEST SESSIONS:

Friday, July 23, 2010

Wednesday, August 25, 2010

**Figure Skating Camp sessions are subject to change during USFS Test Sessions.*

For those students wishing to test on July 23 &/or August 25, 2010; there is a \$25.00 per test session fee to cover the ice costs. Prior to the test session, the \$25.00 is payable to Morris County Park Commission.



**Be challenged...
Skate Camp Mennen!**



**Summer
Figure Skating
Camp 2010
June 28-August 27**



5 Full Days of Camp
Half Day Camp Options
Beginner to Advanced Levels
Discounts Available

William G. Mennen Sports Arena Figure Skating Camp 2010 Registration Form

Name of Skater: _____
 Address: _____
 City/State: _____ Zip: _____
 Home Phone #: _____
 Alternate Phone #: _____
 E-mail: _____
 Birth Date: _____ Skating Level: _____
 Parent / Guardian Signature: _____

Please circle Weeks & Days: *X = denotes USFS Test Session*

Wk #1	6/28-7/2	2 Day	3 Day	4 Day	5 Day	M T W TH F
Wk #2	7/5-7/9	2 Day	3 Day	4 Day	5 Day	M T W TH F
Wk #3	7/12-7/16	2 Day	3 Day	4 Day	5 Day	M T W TH F
Wk #4	7/19-7/23	2 Day	3 Day	4 Day	5 Day	M T W TH X
Wk #5	7/26-7/30	2 Day	3 Day	4 Day	5 Day	M T W TH F
Wk #5	8/2-8/6	2 Day	3 Day	4 Day	5 Day	M T W TH F
Wk #7	8/9-8/13	2 Day	3 Day	4 Day	5 Day	M T W TH F
Wk #8	8/16-8/20	2 Day	3 Day	4 Day	5 Day	M T W TH F
Wk #9	8/23-8/27	2 Day	3 Day	4 Day	5 Day	M T X TH F

Week of 6/21-6/25 & 8/30-9/3: Ice time is available; no clinics.

Payment Confirmation:

Week #	Camp Level	# of Days	Applicable Discounts	Price
1				
2				
3				
4				
5				
6				
7				
8				
9				

Total Amount: \$ _____

Method of payment: Cash ___ Check (# _____) Payable to Morris County Park Commission (MCPC)

Charge: Visa ___ / Master Card ___ / AMEX ___

Credit Card Number: _____

Exp: _____

Card Holder Name (Please print): _____

Signature: _____

William G. Mennen Sports Arena

161 East Hanover Avenue,

Morristown, NJ 07960

(973) 326-7651; Fax: (973)829-8698

www.morrisparks.net

William G. Mennen Sports Arena – Figure Skating Camp

Camp Mennen 2010 (June 28-August 27)

LET'S GET GOING!

Learn-to-Skate Beginner thru Basic 4

(Monday thru Friday)

9:15am-9:30am Check-in (Option #1)
 9:30am-10:15am **Off-Ice Training:**
 (Ballet/Jump/Jazz/Yoga/Leaps n' Turns)
 10:15am-10:30am Check-in (Option #2) / Skate Change / Break
 10:30am-11:45am **On-Ice Session with 15-min clinic:**
 (Power Stroking)
 11:45am-12:00pm Skate Change / Break
 12:00pm-12:45pm Lunch – *not included*
 12:45pm-1:15pm **Off-Ice Training:**
 (Circuit Training/Stretching/Pilate
 Conditioning/Plyometrics)
 1:15pm-1:30pm Skate Change / Break
 1:30pm-3:00pm **On-Ice Session with 30-min clinic (M/W/F):**
 (New Moves/Jump/Spin/Creative Footwork)
Off-Ice Training (T/Th):
 (Sports/Rehearsals)
 3:00pm-3:15pm Camp Ends; Pick-up

*Additional Options:

3:15pm-4:15pm On-Ice Session (M/W/Th/F; *Tues 3:15-4:30pm*)
 4:15pm-5:15pm On-Ice Session (All levels / Open – Low level
 hockey; helmet/gloves only; *Tues 4:45-6:00pm;*
Wed 4:15-5:45pm)
 5:30pm-7:00pm On-Ice Session (Freestyle / Dance / Moves /
 Open – Low level hockey; helmet/gloves only;
Wed: 6:00-7:15pm)

*Early AM Sessions are available:

5:45am-6:45am (Low F/D/M/O – hockey; helmet/gloves only)
 6:45am-7:45am (Low F/D/M/O – hockey; helmet/gloves only)
 6:00am-7:00am (Int-High F/D/M – no hockey)
 7:00am-8:00am (Int-High F/D/M – no hockey)

**Sessions are subject to change – please review Freestyle calendar.*

MENNEN JR. ELITE

Basic 5 thru Preliminary Moves

(Monday thru Friday)

8:00am-8:15am Check-in (Option #1)
 8:15am-9:15am **On-Ice Session**
 9:15am-9:30am Check-in (Option #2) / Skate Change / Break
 9:30am-10:15am **Off-Ice Training:**
 (Ballet/Jump/Jazz/Yoga/Leaps n' Turns)
 10:15am-10:30am Skate Change / Break
 10:30am-11:45am **On-Ice Session with 15-min clinic:**
 (Power Stroking)
 11:45am-12:00pm Skate Change
 12:00pm-12:45pm Lunch – *not included*
 12:45pm-1:15pm **Off-Ice Training:**
 (Circuit Training/Stretching/Pilate
 Conditioning/Plyometrics)
 1:15pm-1:30pm Skate Change / Break
 1:30pm-3:00pm **On-Ice Session with 30-min clinic (M/W/F):**
 (New Moves/Jump/Spin/Creative Footwork)
Off-Ice Training (T/Th):
 (Sports/Rehearsals)
 3:00pm-3:15pm Camp Ends; Pick-up

***Additional options are available.**

*Half day (morning or afternoon) options are available.
 Contact the main office for more information.*

Early Bird Special – Sign up before May 15th and receive 10% off!

*Lunch is not included; options are available.
 Contact the main office for more information.*

Seminar Series – Special guests speakers. Discount to camp participants.

*On-Ice Session: denotes Freestyle/Dance/Moves - Private Lessons.
 Summer Camp programs and times may vary.*

ACCELERATED PROGRAM

Passed Pre-Juvenile Moves

(Monday thru Friday)

8:00am-8:15am Check-in
 8:15am-9:15am **On-Ice Session**
 9:15am-10:15am **On-Ice Session with 15-min clinic:**
 (Power Stroking)
 10:15am-10:30am Skate Change / Break
 10:30am-11:30am **Off-Ice Training:**
 (Ballet/Jump/Jazz/Yoga/Leaps n' Turns)
 11:30am-12:00pm Skate Change / Lunch – *not included*
 12:00pm-1:15pm **On-Ice Session with 30-min clinic:**
 (New Moves/Jump/Spin/Creative Footwork)
 1:15pm-1:30pm Skate Change / Break
 1:30pm-3:00pm **Off-Ice Training:**
 (Circuit Training/Pilate/Plyometrics) (M/W/F)
 (Sports/Rehearsals) (T/Th)
 3:00pm-3:15pm Camp Ends; Pick-up

***Additional options are available.**

Session Fees:	2 Day	3 Day	4 Day	5 Day
Let's get Going! (Option #1 - 9:15am)	\$120.00	\$180.00	\$216.00	\$240.00
Let's get Going! (Option #2 – 10:15am)	\$90.00	\$135.00	\$162.00	\$180.00
Mennen Jr. Elite (Option #1 – 8:00am)	\$146.00	\$219.00	\$262.00	\$292.00
Mennen Jr. Elite (Option #2 – 9:15am)	\$120.00	\$180.00	\$216.00	\$240.00
Accelerated Program	\$166.00	\$249.00	\$299.00	\$332.00

Daily Session (Freestyle / Dance / Moves / Open): **\$14.00**
 Coupons (Freestyle / Dance / Moves / Open): **Book of 12 - \$140.00**
 Camp On-Ice Session with Clinic: **\$16.00**
 Camp On-Ice Session with Clinic: **Book of 12 - \$160.00**

Off-Ice Clinics (Walk-on rates):

½ hour = \$10.00; ¾ hour = \$15.00; 1 hour = \$20.00; 1 ½ hour = \$25.00