

STRIVE FOR SUCCESS

WHAT'S ON OFFER?

Jump Rotation
Jumps & Spins
Agility
Flexibility

Choreography
Performance &
Expression
Goal Setting

Transitions
Strength &
Conditioning
Dance Fitness

Plyometrics/
Power
Edge Work

HOW TO BOOK: Please complete the application form on the reverse and return to reception. (Application forms available at reception)

**3 DAY
SKATE CAMP
14TH - 16TH
APRIL
2020**

With
special guest:

*Kelly
Sheffield*
Off Ice School



**active
skate**

www.inverclydeleisure.com

Inverclyde Leisure is a registered Scottish Charity No. SC 032161

WATERFRONT SKATE CAMP

STRIVE FOR SUCCESS

14TH – 16TH APRIL 2020

APPLICATION FORM

Skater's name:

Skater's level:

D.O.B.:

Contact number:

Email address:

Availability:

3 day camp: £145 ☐

Tue (14/04/20): £50 ☐

Wed (15/04/20): £50 ☐

Thurs (16/04/20): £65 ☐

Relevant medical information?

Join us for a 3 day intensive skate camp. Challenge yourself and train hard at the on and off-ice classes. The camp is for any skater level Bronze & above. Each day will be on average 6 – 8 hours in duration with special guest Kelly from Ice Sheffield on Thursday. A timetable will be available 1 week before the closing date.

Book your space now at reception. Closing date: **Sunday 5th April 2020**

If you are unable to pay until nearer the date please still reserve your space at reception to avoid disappointment.

If you have any questions please contact **kayleigh.munro@inverclydeleisure.com**
or call **07743 183 284**