

2021 SKATE CAMP

AUGUST 4 - 6



LAKWOOD SKATING ACADEMY

ON ICE SPECIALIZED CLASSES OFF ICE BALLET CHOREOGRAPHY

The Lakewood Academy Camp offers all day group instructions both on and off ice for skaters singles through double axel. On ice classes taught by Olympic and World coaches will focus on each discipline within singles including jump technique, spins, edge work and quality, transitional elements, choreography both on and off ice including music interpretation and creative movement. Off ice classes will include ballet, dance, yoga, strength and conditioning as well as stamina and agility.

Full Camp - \$330

Early Bird Registration - \$300 (must register by Sat 7/31)

Day Rate - \$130

CAMP TAUGHT BY WORLD AND OLYMPIC COACHES:



KELLY WITT

National & International Dance Medalist & Team USA Member



ANGELA NIKODIMOV

9-time international medalist, 2-time bronze US National Medalist, 3-time World competitor



PETER KONGKASEM

2-time National, International Medalist & World Competitor



JERE MICHAEL

Jr. National Champion and World Jr. Bronze Medalist

MORE COACHES TBA

- REGISTRATION ONLINE ONLY -

CREATE YOUR ACCOUNT TO REGISTER HERE →



FOR MORE INFORMATION, PLEASE CONTACT OUR SKATING DIRECTOR
KELLY DESJARDINS 526.249.6845 KDESJARDINS@THERINKS.COM



A SUMMER OF
EXCELLENCE

LAKWOOD SKATING ACADEMY

CAMP SCHEDULE



Coaches schedule TBA:

WEDNESDAY			
TIME	EVENT	RINK	COACH
8:00-8:15am	Check in	Front Entrance	
8:15-9:15am	Off Ice – Stretching/Warmup	A – Upstairs gym	
9:15-9:30am	Skates on	Locker room	
9:30-10:30am	On Ice – Stroking	Rink C	
10:30-10:45am	Skates off	Locker room	
10:45-11:30am	Off Ice – Ballet	A – Upstairs gym	
11:30-11:50pm	LUNCH	A – Bleachers	
11:50-12:30pm	Off Ice – Jumps	A – Upstairs gym	
12:30-12:45pm	Skates on	Locker room	
12:45-1:45pm	On Ice – Jumps	Rink B	
1:45-2:00pm	Skates off	Locker room	
2:00-3:00pm	Off Ice – Music interpretation	A	
3:00-3:15pm	Skates on	Locker room	
3:15-4:15pm	Choreography	Rink A	
THURSDAY			
TIME	EVENT	RINK	COACH
8:00-8:15am	Check in	Front Entrance	
8:15-9:15am	Off Ice – Stretching/Warmup	A – Upstairs gym	
9:15-9:30am	Skates on	Locker room	
9:30-10:30am	On Ice – Power	Rink C	
10:30-10:45am	Skates off	Locker room	
10:45-11:30am	Off Ice – Ballet	A – Upstairs gym	
11:30-11:50pm	LUNCH	A – Bleachers	
11:50-12:30pm	Off Ice – Spins	A	
12:30-12:45pm	Skates on	Locker room	
12:45-1:45pm	On Ice – Spins	Rink B	
1:45-2:00pm	Skates off	Locker room	
2:00-3:00pm	Off Ice – Creative movement	A	
3:00-3:15pm	Skates on	Locker Room	
3:15-4:15pm	Choreography	Rink A	
FRIDAY			
TIME	EVENT	RINK	COACH
8:00-8:15am	Check in	Front Entrance	
8:15-9:00am	Off Ice – Stretching	A – Upstairs Gym	
9:00-10:00am	Bookwork	B – Party Room	
10:00-10:15am	Skates on	Locker Room	
10:15-11:15am	On Ice – edges/footwork/clusters	Rink C	
11:15-11:30am	Snack		
11:30-12:30pm	On Ice – Ballet	Rink C	
11:45-12:00pm	Skates off	Locker Room	
12:00-12:30pm	Lunch	A – Bleachers	
12:30-12:45pm	Skates on	Locker Room	
12:45-1:45pm		Rink C	
1:45-2:00pm	Skates off	Locker room	
2:00-3:00pm	Off Ice - Choreography	A	
3:00-3:15pm	Skates on	Locker room	
3:15-4:15pm	On Ice - Choreography	Rink A	