

Summer Skate at USM

Keep Kool! June/July

For Youth! Ages 3-18 Level: Beginner through Advanced

Prerequisite: Young skaters must be able to use the restroom by themselves and stand upright on the ice without assistance. No skating experience necessary.

Description: Basic skating skills, balance and coordination, daily games and activities, obstacle courses, and challenging building exercises.

June 17 - July 31 (No class June 19 or July 4)

June 17 and 18, and June 24 and 26
July 1, 3, 8, 10, 15, 17, 22, 24, 29, and 31

3:45-4:30 p.m. - Skating and
Figure Skating

4:30-5:15 p.m. - Skating and Hockey

Fee: \$305

Learn to Play Hockey Ages 4-12 Level: Beginner through Advanced

Prerequisite: Basic skating skills.

Description: Introduction to hockey is designed for the young skater with little to no hockey experience. This developmental program focuses on teaching basic techniques of skating, gradually introducing teamwork, sportsmanship, and more advanced skating skills. As skaters' progress, they will eventually incorporate hockey drills and puck handling.

June 18 and June 26 July 3, 10, 17, 24, and 31

5:30-6:15 p.m.

Fee: \$155

For Adults Ages 18+

Prerequisite: None

Description: Our adult curriculum caters to both beginner and advanced skaters. Lessons are tailored to meet each skater's individual goals and will focus on skills that challenge balance, body alignment, coordination, agility, and power.

June 17 - July 29

Tuesdays

5:30-6:15 p.m.

Fee: \$155

Advanced Figure Skating Academy Ages 7-18

Prerequisite: Skaters who have mastered basic skating skills.

Description: For skaters who are ready to work on advanced techniques, jumps, spins, choreography, and program composition. The class will also encompass multiple facets of figure skating, from free dance elements through moves in the field. Both on ice and off ice instruction is incorporated into the program, and a USM Figure Skating Academy Jacket is also included. Prerequisite: Skaters who have mastered basic skating skills.

June 17 - July 31 (No class June 19 or July 4)

On Ice Session: Tuesdays, Wednesdays,
and Thursdays 2:15-3:30 p.m.

Off Ice Workout: Wednesdays
3:45-4:30 p.m.

Fee: \$500



Summer Skate at USM

Keep Kool! August

For the classes below: Skaters may sign up for a full day of skate, but will need snacks, and a lunch. Campers will be escorted to and from the main campus if they are participating in other USM Summer Camps.

Hockey Ages 4-10 Level: Learn to Play, Atoms U6, Mites U8, Squirts U10

Prerequisite: Basic Skating Skills

Description: The focus will be on fundamental skills in skating, footwork, agility, strong edge control, puck handling, sportsmanship, and teamwork. Skaters should bring a healthy snack and drink of choice during breaks. Each day ends with a hockey game and on Fridays, a professional hockey player will be available for autographs.

Session 1: August 4 - 8

Session 2: August 11 - 15

Session 3: August 18 - 22

9 a.m.-Noon

Fees: \$325 for 1 week

\$625 for 2 weeks

\$875 for 3 weeks

Learn to Skate Ages 3-18 Figure or Hockey Skating

Level: Beginner through Advanced

Prerequisites: Young skaters must be able to use the restroom by themselves and stand upright on the ice without assistance. No skating experience necessary.

Description: Area of focus will be on basic-advanced skating skills, balance, and coordination, daily challenges, obstacle courses, and performance and choreography technique. Each class will have a chance to show what they have learned in a skating recital/performance at the end of each week.

Session 1: August 4 - 8

Session 2: August 11 - 15

Session 3: August 18 - 22

12:30-3:30 p.m.

Fees: \$325 for 1 week

\$625 for 2 weeks

\$875 for 3 weeks

