



Belmont Iceland
815 Old County Rd.
Belmont, CA 94002



advanced camp freeze

Summer 2010

June 21–25
Monday–Friday
9:30am–3:30pm

**For skaters in
Gamma level & above**



815 Old County Road, Belmont, CA 94002
Office (650) 592-0533 Fax (650) 592-0503
Skating School (650) 592-4338
www.belmonticeland.com

About Belmont Iceland

Belmont Iceland is owned by East Bay Iceland, Inc. Our company has two rinks in the bay area offering class instruction for all ages and all levels of skating. Sign up at Belmont Iceland today and learn an activity that the whole family can enjoy. After you learn to skate, join one of our advanced programs:

Freestyle
Ice Hockey
Iceland seasonal revues
Iceland skating competitions
Synchronized skating team

Fundraising Opportunities

Host a fundraising event with Belmont Iceland and pay no upfront costs. Have a lot of fun while you earn money for your group.

Skating Class

Work on your basic skating skills, while you build your aerobic endurance. Great for skaters at the Delta level and above.
Saturdays, 10:45–11:15am.

Birthday Parties

Have your birthday party at Belmont Iceland. Rent a party room, have us decorate your room, and choose from three great party packages. Pick up a flyer for more details or talk to one of our friendly employees.



Advanced Camp Freeze 2010



Advanced Program

This camp is designed for skaters at the Gamma level and higher. Skaters will participate in off- and on-ice classes that will enhance their basic skills, teach them new skating moves, and improve their overall strength and coordination.

Classes may include Pilates, ballet, strength & conditioning, flexibility, off-ice jumping & plyometrics, footwork clinic, jump & spin clinics, and artistry & transitions.

Sample Itinerary:

- 9:30 Goal Setting
- 9:45 Warm-Up & Flexibility
- 11:00 Stroking
- 11:15 Class (level-specific) & Freeskate
- 12:00 Lunch
- 12:45 Pilates
- 1:45 Spin Clinic
- 2:15 Program Practice
- 3:00 Fun activity
- 3:15 Clean-up & Check-out

Best of all, every day kids will learn a little bit of choreography for a special routine. At the end of the week they **perform their routine to music for family and friends.** Just think of the photo opportunities! At the end of camp, everyone gets a personalized certificate of completion.

Advanced Camp Freeze 2010 Advanced Camp Freeze

Finally, a program for our skaters who have advanced through our group skating lessons and want to get a bigger taste of what skating has to offer!

General Information

All-day Camp:
Monday-Friday, 9:30am-3:30pm

Ages: 6-14 years

Cost: \$275

Dates: June 21-25

- * Learn from skilled guest instructors in addition to our qualified skating staff.
- * Kids will be grouped according to age and skating level.
- * There are no make-ups for Camp Freeze.
- * Due to the limited enrollment size, refunds are not available later than two weeks prior to the start of camp.

Things to bring:

- * Gloves
- * Layers of warm clothing
- * Shorts
- * Athletic Shoes (no sandals!)
- * WATER BOTTLE
- * Lunch and a snack



Advanced Camp Freeze 2010 Registration Form

June 21 - 25 \$275

Skater A: _____

Birthdate: _____ Age: _____ M or F

T-shirt size: CS CM CL AS AM AL

Skater B: _____

Birthdate: _____ Age: _____ M or F

T-shirt size: CS CM CL AS AM AL

Parent: _____

Address: _____

City: _____ Zip _____

Home Phone: _____

Cell Phone: _____

Email: _____

New Enrollee? Y or N

Skating level: _____

Method of Payment:

We no longer accept personal checks.

Cash _____ Visa _____ MC _____ Discover _____

Credit Card number: _____

Expires: Month _____ Year _____

Friends attending camp: _____

Fill out the above application completely to ensure that you are assigned to the correct camp group. Refunds will only be made two weeks prior to the start of camp and a \$15.00 administrative processing fee will be applied. There are no make-ups.

Mail or Fax your application to:

Belmont Iceland, 815 Old County Rd.,
Belmont, CA, 94040, Fax: 650-592-0503

Office Use Only

Paid: _____ Access: _____ Mail: _____