

PIVOT POWER SKATING

SUMMER CAMPS

Leduc Recreation Centre



PIVOT POWER SKATING
speed • balance • power

U7 (2016-2017) DEVELOPMENT CAMP

This Development Camp will focus on players developing skating skills in an encouraging environment. Skaters will be continuously moving and have game play the last 5 mins of every session.

CAMP 1 - \$175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 15	AUGUST 16	AUGUST 17	AUGUST 18	AUGUST 19
12:15 - 1:15PM	12:15 - 1:15PM	12:15 - 1:15PM	12:15 - 1:15PM	12:15 - 1:15PM

U9 (2014-2015) FUNDAMENTALS CAMP

The Fundamental Camps will focus on players learning proper skating technique. Skaters will be learning proper edgework, stopping technique, stride work, forwards and backwards crossovers. Balance and learning body awareness will be a huge focus for these camps.

CAMP 1 - AUGUST 8-12 - \$175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 8	AUGUST 9	AUGUST 10	AUGUST 11	AUGUST 12
1:00 - 2:00PM	1:00 - 2:00PM	1:00 - 2:00PM	1:00 - 2:00PM	1:00 - 2:00PM

CAMP 2 - AUGUST 15-19 - \$175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 15	AUGUST 16	AUGUST 17	AUGUST 18	AUGUST 19
11:15 - 12:15PM	11:15 - 12:15PM	11:15 - 12:15PM	11:15 - 12:15PM	11:15 - 12:15PM

U11 (2012-2013) STABILITY & SPEED CAMP

The Stability & Speed Camps will focus on skating technique along with creating speed in their skating. Skaters will develop balance and become a more confident skater. Players will be introduced to more advanced edgework & transitional turns. Each session will also include explosive power/conditioning skills.

CAMP 1 - AUGUST 8-12 - \$175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 8	AUGUST 9	AUGUST 10	AUGUST 11	AUGUST 12
9:00 - 10:00AM	9:00 - 10:00AM	9:00 - 10:00AM	9:00 - 10:00AM	9:00 - 10:00AM

CAMP 2 - AUGUST 15-19 - \$175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 15	AUGUST 16	AUGUST 17	AUGUST 18	AUGUST 19
10:00 - 11:00AM	10:00 - 11:00AM	10:00 - 11:00AM	10:00 - 11:00AM	10:00 - 11:00AM

CAMP 3 - AUGUST 22-26 - \$175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 15	AUGUST 16	AUGUST 17	AUGUST 18	AUGUST 19
8:00 - 9:00AM	8:00 - 9:00AM	8:00 - 9:00AM	8:00 - 9:00AM	8:00 - 9:00AM



U13-15 (2008-2011) AGILITY & EXPLOSIVE POWER

The Agility & Explosive Power Camps will be fast paced conditioning camps. The first two weeks will be focusing on advanced edgework, transitions, speed and power. The last two weeks of this camp will focus on all above along with more agility and explosive power drills with an emphasis on fast feet.

CAMP 1 - AUGUST 2-5 - \$140

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	AUGUST 2	AUGUST 3	AUGUST 4	AUGUST 5
	7:00 - 8:00pm	7:00 - 8:00pm	7:00 - 8:00pm	7:00 - 8:00pm

CAMP 2 - AUGUST 8-12 - \$175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 8	AUGUST 9	AUGUST 10	AUGUST 11	AUGUST 12
7:15 - 8:15pm	7:15 - 8:15pm	7:15 - 8:15pm	7:15 - 8:15pm	7:15 - 8:15pm

CAMP 3 - AUGUST 15-19 - \$175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 15	AUGUST 16	AUGUST 17	AUGUST 18	AUGUST 19
9:00 - 10:00AM	9:00 - 10:00AM	9:00 - 10:00AM	9:00 - 10:00AM	9:00 - 10:00AM

CAMP 4 - AUGUST 22-26 - \$175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 22	AUGUST 23	AUGUST 24	AUGUST 25	AUGUST 26
9:00 - 10:00AM	9:00 - 10:00AM	9:00 - 10:00AM	9:00 - 10:00AM	9:00 - 10:00AM