

2019 Lifeski Academy Christmas Camp

Dec 26 – 30

Orillia/Horseshoe Valley

Schedule:

- Dec 26** p.m. **Skating 90 – 100 min** (drills, specific strength, distance), Horseshoe
- Dec 27** a.m. **General strength** (indoor) TBA
p.m. **Classic 90 – 100 min** (specific strength, intervals, distance), Horseshoe
- Dec 28** a.m. **SOD Paraffin Series/Yuletide Blast**, Highlands
p.m. **SOD Camp**, Highlands
- Dec 29** a.m. **Classic 90 – 100 min** (games, relay, drills, distance), Horseshoe
p.m. **Classic 60 – 70 min** (distance), Horseshoe
- Dec 30** a.m. **Skating 90 – 100 min** (sprints/Kings Court)

Coaching: Petr & Katerina (except the SOD Camp)

Fee: Drop-in \$10 + tax/session

Registration: lifeski.academy@gmail.com, or call Petr 249-385-5727