

Alan's figure skating camp



We are pleased to invite you to the summer camp in Příbram 2022

Our camp is offered on a weekly basis:

Week26: 27/6 – 2/7/2022

Week27: 4/7 – 9/7/2022

Week28: 11/7 – 16/7/2022

*The camp starts on Sundays
with information meeting*

at the ice rink at 7:00 pm.

*First practice day is on Mondays,
the last day of the camp week
is on Saturdays.*

The camp week (6 days) includes a package of the following services:

1. Ice skating lessons
2. Off-ice lessons
3. Accommodation
4. Half board (breakfast, lunch)

Extra services available (extra charged):

1. Choreography
2. Private lessons
3. Editing music for skating programs
4. Skating costumes, designing and sewing + skating shop
5. Skates sharpening
6. Transport (Prague airport – Příbram/ there and back)

TRAINING PROGRAM

For juvenile, novice, junior, senior skaters includes:

Ice lessons: 16 lessons per week

3 ice lessons – Monday, Tuesday, Thursday, Friday

2 ice lessons – Wednesday, Saturday

Off-ice lessons:

5 lessons per week (dance, strength, stretching) – Monday to Friday

For adult skaters includes:

Ice lessons: 16 lessons per week

3 ice lessons – Monday, Tuesday, Thursday, Friday

2 ice lessons – Wednesday, Saturday

A.Option – No off-ice lessons

B.Option – Including off-ice lessons:

5 lessons per week (dance, strength, stretching) – Monday to Friday

GENERAL INFO

ACCOMMODATION

- A. Accommodation at the Ice rink (triple rooms)
- B. Hotel Belvedere *** (400 m from the ice rink, double and triple rooms)
- C. Penzion Time Cafe (1,7 km from the ice rink, spacious suites, with extra fee)

FOOD

Half board (breakfast, lunch)

Please, indicate in the registration form if you are in need of special diet or you have any allergy.

COACHES

Alan Spiegl (Czech Republic/Sweden), head coach/camp leader

Veronica Vrtelova (Czech Republic/Norway)

Ondrej Spiegl (Czech Republic/Sweden)

Moa Lindgren (Sweden)

Pavel Aubrecht (Australia)

Miroslava Hajkova (Czech Republic)

Theresa Kensert (Sweden)

Nina Letenayova (Slovak)

For more
detailed information
about coaches
see our websites
alanskatingcamp.com

**If you are interested in the camp, please email us
and we will send you more information including the prices in return**

Sincerely,
Alan and Vera Spiegl

Mobile: 0046-700 358 421, 00420-732 413 290

Land line home phone: 00420-566 547 281



**More information on our website: <http://www.alanskatingcamp.com>
Or on the Facebook: <https://www.facebook.com/AlansskatingCamp>**