

GLACIAL GARDEN LAKEWOOD PROFESSIONAL STAFF
Jacqui Palmore, Skating Director

- Mary Becktell Freestyle, Spins, Off Ice
- Robert Berry Freestyle, Pairs
- Diana Bosetti Freestyle, Moves, Choreography
- Andrea Brett Dance, Freestyle, Moves, Choreography
- Dorsie Brooks Dance, Freestyle, Moves
- Aimee Cruz Freestyle, Moves
- Llanell Florendo Freestyle, Strength&Conditioning, Off-Ice Specialist
- Darlene Gilbert Dance, Moves
- Sondra Holmes Freestyle, Moves
- Necia Krueger Freestyle, Choreography
- Garry V. Mallett Freestyle, Choreography, Adults
- Jami Mitchell Freestyle, Moves, Choreography
- Alex Murashko Freestyle, Jumps, Spins, Off-Ice
- Jacqui Palmore Freestyle, Moves, Choreography
- Penny Pereboom Freestyle, Choreography, Moves
- Kyla Prather Freestyle, Moves, Choreography
- Tim Tourtellott Freestyle, Moves, Choreography
- Michael Villarreal Freestyle, Moves, Spins, Choreography
- Bridgette Voros Ballet
- Skye Wheeler Freestyle
- Laura Wishart Freestyle, Moves, Choreography

GLACIAL GARDEN LAKEWOOD-RINK FACILITIES
Ron White, Owner - Laura Ellis, Vice President - Neal Miller, Manager

Glacial Garden Lakewood, founded in 1996, is proud to offer a 90,000+ square foot facility providing some of the finest coaching in the surrounding area. The rink is equipped with an Olympic (Rink A—200 x 100) and NHL ice surface (Rink B—200 x 85) with balcony and ground level viewing availability. The Garden is also equipped with a pro shop and full-service A-rated snack bar.

The Garden is freeway accessible to the 405 and 91 freeways and is minutes from the Long Beach airport and surrounding amusement parks (Knott's Berry Farm, Disneyland, and other nearby attractions). The Lakewood mall is also minutes from the Garden located north-east on Lakewood Boulevard, and the city of Long Beach offers a beautiful ocean-side view with a multitude of delicious restaurants and eateries on Shoreline Drive south-west of the Garden including the Queen Mary.

CAMP HIGHLIGHTS

- ◆ *Jump & Spin Techniques*
- ◆ *Body & Carriage Awareness*
- ◆ *Music Interpretation*
- ◆ *Intro to Synchronized Skating*
- ◆ *Connecting Moves*
- ◆ *Power Skating*
- ◆ *Off-ice Conditioning*
- ◆ *Off-ice Dance Classes*

This camp is designed for Beginners through Skaters working on FS5.

A Day at Camp looks like this:

- *8-8:40am *Optional Practice Session (incl)*
- 9-9:20am Off-Ice Warm-Up**
- 9:30-10:50am 3 On-Ice Classes**
- 10:50-11:20am Break & Snack (provided)**
- 11:20-12pm Off-Ice Class**
- *12-1pm *Optional Practice Session (incl)*

*Practice Ice

**You will have a choice of one of the practice sessions listed above, included in fees, but optional. Supervision available if needed from 8-9am OR 12-1pm.*



Cut & Detach Registration section and mail or fax to Glacial Garden Skating Arena Lakewood with payment information

Skater's Information

_____ Last Name	_____ First Name	_____ DOB	_____ Age
_____ Street Address/Unit #	_____ City	_____ State	_____ Zip
_____ Home Phone	_____ Cell Phone	_____ Wk Phone	_____ Fax
_____ Parent Name		_____ Email	
_____ ISI Class Level	_____ ISI test Level	_____ ISI #	
_____ USFS Test Level (if applicable)			

Camp Fee(s) 2 Pricing Options:

[] \$300 for all 6 Wednesdays (a \$30 savings)

[] \$55 per week x _____ weeks = \$ _____

Wed 7/6 **Wed 7/13** **Wed 7/20** **Wed 7/27** **Wed 8/3** **Wed 8/10**
[] [] [] [] [] []

Registration accepted on a first come, first serve basis. **Applications received after the advertised camp date(s) will be accepted on a space availability basis.**

• **No changes, refunds, or credits after start of designated week _____ (initial)**

Payment: Check, Visa/Mastercard, American Express

Credit card # _____ Expiration Date ____/____/____

Signature required / _____
Printed Name

**Mail or fax completed form to: Glacial Garden Skating Arena
Skating School Department
3975 Pixie Avenue
Lakewood, CA 90712
Ph (562) 429-1805 x228 x224 Fax (562) 497-8471**

**Private Lessons Available (not included in camp fee)
**Additional Freestyles before and after camp available to skate on at \$11 per session*



www.glacialgardens.com

Glacial Garden Skating Arena
Skating School Director
3975 Pixie Avenue
Lakewood, CA 90712

Rising Star
Summer Skate Camp
Glacial Garden Lakewood

SUMMER OF 2011 - WEDNESDAYS
7/6, 7/13, 7/20, 7/27, 8/3, 8/10

Take Advantage Of...

Glacial Garden Skating Arena's Summer Ice Skating Camp for Kids!!! We are proud to offer a first-rate coaching staff, training among national and international competitors, and a wonderful array of classes with skaters of various abilities. Participants will have a variety of on-ice and off-ice workshops designed to help fine-tune and add to your skating needs, performance, conditioning, and training methods.

Let our professional staff improve your jumps, spins, stroking, footwork and enhance your style and flexibility. Beginning through intermediate skaters who wish to challenge themselves should invest in this once a year training camp. Come join us for 6 weeks of learning, enlightenment, workout, and fun.

What To Bring...

Yoga Mat and/or Large Towel, Jump Rope, Notebook, Gloves (multiple pairs), Proper Off-ice Shoes (tennis shoes with laces), Additional Snacks, Water, Kleenex, Blister Pads...

WAIVER AND RELEASE...

In consideration of being allowed to participate in any capacity in Glacial Garden, Inc., Glacial Garden Skating Arena, LLC, athletics/sports program and related events and activities, the undersigned: Agree that the parent(s) or legal guardian(s) will instruct the minor participant that prior to participating, he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.

Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death and severe social and economic losses which might result not only from their own actions, inactions or negligence but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.

Assume all the foregoing risk and accept personal responsibility for the damages following such injury, permanent disability, or death.

Release, waive, discharge, and covenant not to sue Glacial Garden, Inc., Glacial Garden Skating Arena, LLC, its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees," from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.

I/We have read the above waiver and release, and understand that I/We give up substantial rights by signing it and sign it voluntarily.

Parent or Guardian (Signature/Relationship) Date

Printed Name of Parent or Guardian: Printed Name of Participant: