

# INLINECOVERY CAMP

**Venue:** East Coast Park Carpark C3, Skate Rink

**Time:** 0800hrs - 1700hrs

**Price for skate camp :** \$199.00

\$ 99.00 ( Per day)

## PROGRAM

### Day 1

08.00am-08.30am	Meet at Skate Rink
08.30am-09.00am	Administration, Class Allocation
09.00am-09.30am	Gearing, Warm Up & Stretching
09.30am-11.30am	Inline Skating – Beginner to Advance (L1 to L5, **Bonus Skill)
11.30am-12.00am	Warm Down, Gears Off & Wash off
12.00am-13.30pm	Lunch Time
13.30pm-14.30pm	Other Sports Experience
14.30pm-15.00pm	Snack Time & Gearing Up
15.00pm-16.30pm	Fun & Games Utilising the skills taught
16.30pm-17.00pm	Debrief & Recap of lessons.

### Day 2

08.00am-08.30am	Meet at Skate Rink
08.30am-09.00am	Administration, Class Allocation
09.00am-09.30am	Gearing, Warm Up & Stretching
09.30am-11.30am	Inline Skating – Beginner to Advance (L1 to L5, **Bonus Skill)
11.30am-12.00am	Warm Down, Gears Off & Wash off
12.00am-13.30pm	Lunch Time
13.30pm-14.30pm	Other Sports Experience
14.30pm-15.00pm	Snack Time & Gearing Up
15.00pm-16.30pm	Introductory clinics on urban skating (how to predict danger, how to handle )
16.30pm-17.00pm	Debrief & Recap of lessons.

### Day 3

08.00am-08.30am	Meet at Skate Rink
08.30am-09.00am	Administration, Class Allocation
09.00am-09.30am	Gearing, Warm Up & Stretching
09.30am-11.30am	Inline Skating – Beginner to Advance (L1 to L5, **Bonus Skill)
11.30am-12.00am	Warm Down, Gears Off & Wash off
12.00am-13.30pm	Lunch Time
13.30pm-14.30pm	Other Sports Experience
14.30pm-15.00pm	Snack Time & Gearing Up
15.00pm-16.30pm	Fun and Games (Team Building Games) EX. Treasure hunt.
16.30pm-17.00pm	Debrief, presentation of Certificates

## OTHER INFORMATION:

- ❖ **Goodie Bag Items will be given on the first day of camp.**
- ❖ **Dress in comfortable non-restrictive attire such as shorts and light cooling shirt.**
- ❖ **Bring own water bottle, towels, socks and spare set of clothing for your own kid's convenience & comfort.**
- ❖ **Call 9844 5522 for weather check and venue change.**