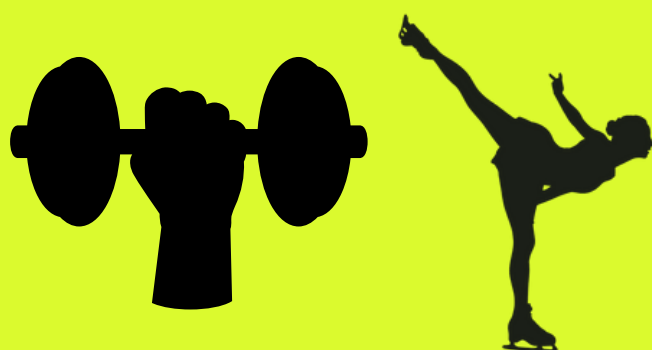
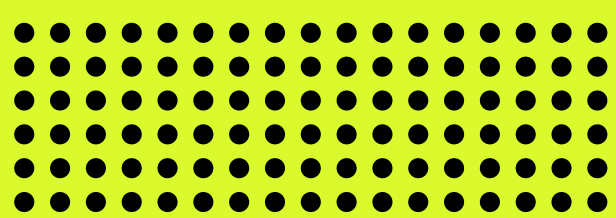


v/ Marie Křížová | Lucie Kadlcakova
Anni Peteren | Kirstine Østergaard
Jakob Just Petersen | Louise Sonne

BOOTCAMP

2 - 6. august 2025

Kickstart skøjtesæsonen med
det bedste af det bedste
5 dages Bootcamp

SPRINGTEKNIK, FOCUS PÅ EDGE OG VENDINGER, SOLODANS
AEROB, ANAEROB & KONDITIONS TRÆNING
FÅ DEN BEDSTE START PÅ SÆSONEN

TILMELD DIG NU!



Scan for registration

A1 + A2 + B1 - (M + K3 + K2)

Singles + Solodans - DKK 2.400

- 5 full training days
- 5 skating skills/edge lessons
- 10 technique lessons on ice
- 5 lessons of Stretch, Cardio, Strength and Yoga

B2 - Funkskate + Adults - (K1 + Fun Free)

Singles + Solodans - DKK 1.900

- 5 full training days
- 10 technique lessons on ice
- 5 lessons of Stretch, Cardio, Strength and Yoga

Skøjteskole

Begyndere - DKK 1.600

- 5 full training days
- 10 technique lessons on ice
- 5 lessons of Stretch, Cardio, Strength and Yoga

Whats included

All participants will receive a goodie bag

- Fruit & Veggies
- Water & Lemonade
- Cake of the day
- Coffeé & The

Extra possibilities

Private lesson + 3 extra classes x 30 min

- Powerskating, Spins, Expression - DKK 50
- Private lessons on ice - DKK 300 per 45 min.
(For two skaters - DKK 225 per person)

Accommodation

Is not included in the camp price

- We recommend airbnb or hotels nearby our rink

Lunch

Can be pre-ordered during registration

- Price per day per. person - DKK 60

We are looking forward to welcoming you to the camp