

# BRAVO BOOT CAMP 2017!!!

( only 2 weeks: July 10-21)

ALL current teams and new skaters are WELCOME!!!

OLEG, TANIA and SOPHIA will be working you hard  
so be READY!!!

## \* SCHEDULE \*

8:00 -9:00 - CHECK-IN	OFF ICE TRAINING:
9:00-9:30 - Warm-up	stretch, jumps, run across
9:45-10:45 - On ice	choreography
10:45-11:15 - Snack	acting-artist-drama
11:15-12:00 - Off- ice	pantomime
12:15-1:15 - on ice	
1:30-2:30 - Lunch(activities)	
2:45-3:45 - Off ice	
3:45-4:00 - Ends/Pick-up	
2:00 -4:00 one day Thursday - will be (zoo) FIELD TRIP	

## GENERAL INFORMATION:

Week 1: July 10 - July 14 - Full Day - \$450

Week2: July 17 - July 21 - Full Day - \$450

Full payments is due with registration cash or check only,  
payable to TANIA MIKHAILOVA

Lunch is not included

\* schedule\* - may change

All additional information : ask Tania,Oleg,Sophia

tel: 973-960-4535