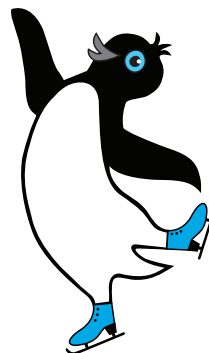


Alan's

figure skating camp



We are pleased to invite you to the summer camp in Pribram 2019

Our camp is offered on a weekly basis:

Week 25: 17/6 – 22/6/2019

Week 26: 24/6 – 29/6/2019

Week 27: 1/7 – 6/7/2019

Week 28: 8/7 – 13/7/2019

Arrival day is on Sundays, first practice

day is on Mondays, the last day

of the camp week is on Saturdays.

**The camp week includes a package
of the following services:**

1. Ice skating lessons
2. Off-ice lessons
3. Dancing
4. Accommodation
5. Full board (breakfast, lunch, dinner)

Extra services available (extra charged):

1. Choreography, private lessons
2. Editing music for skating programs
3. Skating costumes, designing and sewing + skating shop
4. Skates sharpening
5. Transport (Prague airport – Pribram/ 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. Accommodation at the aquapark (150 m from the ice rink, double rooms)
- C. Hotel Belvedere*** (400 m from the ice rink, double and triple rooms)
- D. Hotel U Milína**** (6 km from ice rink, with extra fee)

For more information
please visit our websites
alanskatingcamp.com

FOOD

Persons accommodated in hotels A, B:

Breakfast, lunch and dinner are served in the restaurant next to the ice rink.

Persons accommodated in hotels C, D:

Breakfast and dinner are served at the hotels, lunch is served in the restaurant next to the ice rink.

Let us know whether you are in need of special diets.

COACHES

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

Veronika Vrtelova (Czech Republic/Norway)

Pavel Aubrecht (Australia)

Ondrej Spiegl (Sweden/Czech Republic)

Moa Lindgren (Sweden)

Ivana Reitmayerova (Slovakia/Norway)

Miroslava Hajkova (Czech Republic)

Nikola Visnova (Czech Republic)

Eva Mazgutova-Hruzova (Czech Republic)

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

CONTACTS:

E-mail: spieglova@gmail.com

Mobil to Sweden until end of March 2019: 0046-700 358 421

Mobil to Czech Republic from April 2019: 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>