



Speed Skate Performance

Richmond Olympic Oval

Speed Skate Performance May 7th-August 24th

A summer training program, training on and off-ice. Part of a Yearly Training Plan for improving athletic performance regionally and nationally. Includes participation in Elite Weeks 1 and 2

Monday-Friday 4:30-6:00pm \$1650*

<https://goo.gl/8WsQ5h>



Speed Skate Elite Week

July 16th-20th and July 30th-August 3rd

A performance boost without the full camp commitment. Includes 5 skating sessions (Daily 4:30pm-6:00pm) and 2 strength and conditioning sessions (Tuesday and Thursday 6:30pm-8:00pm).

Ages 14+yrs \$175* per week

Week 1 <https://goo.gl/Jo4XaJ> Week 2 <https://goo.gl/uDe1xJ>



* Special rates available for customized programs daily, weekly or monthly participation.

