

INFORMATION

CHECK-IN AUGUST 2

Check-in begins at 7:30 AM, at the entrance to Actic/Löfbergs Arena, (opposite the large parking lot of the trotting track). We, who are arranging the camp, will meet you there and hand out camp shirts and answer any questions. The schedule will be available in each dressing room.

ICE SESSION

The ice sessions are mainly held in Löfbergs Ice Arena.

DANCE/OFF ICE

The dance sessions will mainly be in Actic's premises. (2nd floor)

Some off ice sessions/dance sessions will be held either in the corridor of Löfbergs Arena or outside if the weather is nice, so bring shoes for both indoor and outdoor use.

LUNCH

Lunch is served in The Locker Room, a restaurants in Löfbergs Arena. It is on the same floor as Actic. You get there by taking the stairs/elevator in the entrance, up to the 2nd floor.

OTHER INFORMATION

To prevent injuries, it is important that the skaters warm up (with e.g. jump rope) before the ice sessions. There will also be water, fruit and snacks available during the day.

TIPS TO PACK

- Your skates, incl. hard and soft guards, towel, different jumping protections if needed.
- Training clothes for both ice sessions and dance/off-ice
- Training shoes for indoor and outdoor
- Water bottle and jumping rope (available for purchase if you do not have any)
- There are shower facilities, so if you plan to shower, don't forget a towel and shower accessories
- Slippers to wear between sessions

We are looking forward to eight wonderful days, filled with figure skating and physical activity, good food and new ways of making friends and connections.

Welcome!

