

# BACK TO BASICS CAMP

## DANBURY SPEEDSKATING CLUB



This camp is for:

- Anybody who wants to learn the basics of speedskating.
- Intermediate skaters working to become more skillful on ice.
- Advanced skaters looking to improve their technique and get even faster!

### **SATURDAY 5/4/2024**

**9:30 a.m. to 10:00 a.m. :** Check-in & warmup  
**10:15 a.m. to 11:45 a.m. :** Ice session  
**12:00 to 1:00 p.m. :** Dryland  
**1:00 p.m. to 1:30 p.m. :** Lunch (not provided)  
**2:00 p.m. to 3:30 p.m.** Ice session  
**3:45 p.m. to 5:00 p.m.** Dryland

### **SUNDAY 5/5/2024**

**9:30 a.m. to 10:00 a.m. :** Warmup  
**10:15 a.m. to 11:45 a.m. :** Ice session  
**12:00 p.m. to 1:30 p.m. :** Dryland & wrap-up



With special guest Alec Sklutovsky (National Team member & DSC alum)



Veteran's Memorial Ice Rink | 56 Buena Vista Rd., West Hartford, CT 06107

Questions: [danburyspeedskate@gmail.com](mailto:danburyspeedskate@gmail.com)

