

FLEX△FIT



SANTA
SPORT

OLYMPIC TRAINING CENTER ROVANIEMI

SPORT SPECIFIC TRAINING FOR FIGURE SKATERS

On and Off-ice Workshops / Kisakallio Sports Institute, Lohja, Finland

27th & 28th March 2018

3 hours off-ice, 1 hour on-ice (3 pm – 7.30 pm)
Several hours of quality coaching for the price of one private lesson!

129 €/person/day including coaching and training facilities
Registrations latest by 12 March

Accommodation starting from 90 €/person (jenni.korhonen@kisakallio.fi, +358 445 849 122)

Easter Training Camp / Santasport Olympic Training Center Rovaniemi, Finland

30.3. -2.4.2018

3 hours off-ice, 2 hours on-ice every day

Day camp package 349 €/person, including coaching, training facilities and lunch every day
Full-board package 549 €/person, including coaching, training facilities, accommodation Friday-Monday and three meals a day (from Friday lunch to Monday lunch)

Registrations latest by 18 March

Coach Education / Santasport Olympic Training Center Rovaniemi, Finland

30.3. -2.4.2018

3 hours of education every day + free entry to follow the exercises of the training camp
Coach education partly integrates with the training camp exercises
Emphasis on development and analysis of figure skaters basic movement skills both on and off-ice

Day course package 179 €/person, including education, facilities and lunch every day
Full-board package 359 €/person, including education, facilities accommodation Friday-Monday and three meals a day (from Friday lunch to Monday lunch)

Registrations latest by 18 March

SKATE HARD TRAIN HARD
ATTITUDE IS EVERYTHING

flexafit.com  @flexafit | santasport.fi/flexafit  @santasport

Ask for family packages and offers for other activities:
sales@santasport.fi

Further information about the workshops:

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