

East Penn Speed Skating

Presents

Camp Lotsoice 2011

August 20-21, 2010

The Steel Ice Center, Bethlehem, PA

320 East 1st Street (Near Bethworks Sands Casino Resort!)

Bethlehem, PA 18015

So you've spent the summer training hard. You know what you have to do; you just need the ice time to do it. Orrr...maybe you've hardly been training. Either way, wouldn't it be nice to get lotsoice before the summer ends?

We've got a weekend of ice, and it's sure to be great. Train as hard as you want to; train however you want to; just know that this will probably be the most fun you'll have working hard this summer. We like making hard work seem like no work at all, and we've got 6 hours of ice and 6 hours of dryland for you to do it! The best part is, it's only \$115 (\$105 if you register online at www.eastpennspeedskating.com)!

The following is a tentative schedule:

Day	Start	End	Activity
Saturday	10:45AM	11:30AM	Off-Ice/Dryland
	11:45AM	1:15PM	Ice
	1:30PM	2:15PM	Off-Ice/Dryland
	2:30PM	3:30PM	Lunch/Break
	3:30PM	4:15PM	Off-Ice/Dryland
	4:30PM	6:00PM	Ice
	6:15PM	7:00PM	Off-Ice/Dryland
Sunday	10:45AM	11:30AM	Off-Ice/Dryland
	11:45AM	1:15PM	Ice
	1:30PM	2:15PM	Off-Ice/Dryland
	2:30PM	3:30PM	Lunch/Break
	3:30PM	4:15PM	Off-Ice/Dryland
	4:30PM	6:00PM	Ice
	6:15PM	7:00PM	Off-Ice/Dryland

For more camp information, please contact: Dustin Ng,
speedinfo@eastpennspeedskating.com, 732-245-7105

Accommodations: **Comfort Suites of Bethlehem, 610-882-9700**,
120 W Third St., Bethlehem, PA 18015. The rink is located less than 1/4mie from the hotel.

For information on Bethlehem, PA, and the surrounding area, please visit
www.bethlehempaonline.com

