

Ryan Bedford Camp

July 23-25, 2010

The Steel Ice Center, Bethlehem, PA
320 East 1st Street (Near Bethworks Sands Casino Resort!)
Bethlehem, PA 18015

2010 US Olympian and Short Track World Champion, Ryan Bedford, will be coming to East Penn Speed Skating Club to host a camp for all aspiring speed skaters!

Ryan's program will help all speed skaters hone their skills to harness the strength and power to achieve blazing speeds on ice! The camp will include 9.5 hours of on-ice instruction, and 10 hours of off-ice/dryland instruction.

Space is limited to the first applicants, so sign up today!

The following is a tentative schedule:

Day	Start	End	Activity
Friday	7:00AM	7:45AM	Off-Ice/Dryland
	8:00AM	10:00AM	Ice
	10:15AM	11:15AM	Off-Ice/Dryland
	11:30AM	3:00PM	Lunch/Break
	3:15PM	4:15PM	Off-Ice/Dryland
	4:30PM	6:30PM	Ice
	6:45PM	7:15PM	Off-Ice/Dryland
Saturday	7:15AM	8:00AM	Off-Ice/Dryland
	8:15AM	9:45AM	Ice
	10:00AM	11:00AM	Off-Ice/Dryland
	11:15AM	1:45PM	Lunch/Break
	2:00PM	3:00PM	Off-Ice/Dryland
	3:15PM	5:15PM	Ice
	5:30PM	6:00PM	Off-Ice/Dryland
Sunday	11:15AM	12:15PM	Off-Ice/Dryland
	12:30PM	2:30PM	Ice
	2:45PM	3:45PM	Off-Ice/Dryland
	3:45PM		Wrap-up

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 1/4mile from the hotel.

For a unique experience, check www.hotelbethlehem.com, located in historic downtown Bethlehem.

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

