

## *Summer Fun Seminar With Olympic Medalist Jason Brown*

*The Greater Chicagoland Skate USA Committee and the Chicago Figure Skating Club invites all skaters Pre-Preliminary and up, 8 years and older to register for a unique seminar with Olympic Medalist, Jason Brown. This seminar will be held on Thursday, July 7th at the Pleasant Prairie Ice Plex Ice Arena. One hour will be held on the ice concentrating on "Warm Up Skills & Drills" long with Deep Edge Work, Flexibility, Turns & Endurance. Skaters are encouraged to wear comfortable skating attire (leggings or stretch pants & light jacket or sweater) for the on-ice portion of the interactive seminar. There will also be a 30 minute off-ice session which will focus on warm up agility skills along with a Question & Answer session. Pleasant Prairie is right over the Illinois border / approximately 20 minutes from Highland Park. Participants will need to look under Wisconsin on entryeze.*

**Registration: Entryeze**

**Fee: \$65**

**Limit: 35 Skaters Per Session**

**Location: Pleasant Prairie RecPlex Ice Arena**

**(20 minutes from Highland Park or 25 minutes from Northbrook)**

**Deadline: June 10<sup>th</sup> or when full**

1:00-1:30pm off Ice

1:35 - 2:35pm on Ice

Level 1: Pre-Juvenile, Juvenile, Intermediate & higher

Age 8 & Up

2:45 – 3:45pm on Ice

3:50 – 4:20pm off Ice

Level 2: Pre-Preliminary and Preliminary

Age 8 & Up

Registration is extremely limited so refund will not be offered.