



FIGURESKATING CAMP FOR ADULTS

Pajulahti Olympic Training Center

We welcome you to our camp for adults in Pajulahti, Lahti, just 80 minutes from Helsinki. We have a strong coaching team and put effort on teaching; skating skills, turns, steps, spins, jumps as well as compulsory figures.

You will get personal feedback on your programs as well as classroom lessons in skating technique, rules and history of figure skating. Off - ice training includes flex-, dance, balance and strength training.

Coaches: Berit Kaijomaa, Hanna Kaijomaa, Jacek Zylski and Merja Huttunen

INFORMATION ABOUT THE COACHING ON THE CAMP:

BERIT KAIJOMAA

berit.kaijomaa@phnet.fi

INFORMATION ABOUT ACCOMMODATION, PAYMENTS ETC:

SARI ELORANTA

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sari.eloranta@pajulahti.com

INFO

Camps:

15.-17.10.2018
29.-31.12.2018

Coaches:

Berit Kaijomaa, Hanna Kaijomaa, Jacek Zylski and Merja Huttunen

Price:

305€ in sport standard double room
315€ in hotel standard double room
Coaching in small groups, accommodation and all meals are included in the price.

Private lessons are possible for an extra cost.

Transport from Lahti to Pajulahti if needed for an extra cost of 10€/person.

Applications should be done by the 30.9.
pajulahti.com/teema-leirit/taitoluisteluleirit



Pajulahti

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