

# Progrish Skate Camps

**From beginner skaters to seasoned rippers, the Progrish Skate Camp has a program for you.**

Progrish offers week long summer camps, as well as year round day camps anytime schools are not in session (excluding major holidays). Our camp packages are available for ages 6 and up, and feature top quality skateboard instruction in two indoor skate areas that include: bowls, quarter pipes, ledges, banks and rails. The camps maintain a low coach-to-camper ratio ensuring high levels of safety, positive feedback and rapid skill progression. Sign up now to lock in your spot.

Activities:

Although campers will spend the majority of the time focused on improving their skateboard skills, many other activities help ensure each camp day is fun and exciting.

- **Field Trips:** Campers take regularly scheduled field trips to local skate parks, pools, natural open spaces and other sports/fitness related destinations. The Progrish facility's prime location allows many field trip options within 20 minutes, which keeps time spent in the bus to a minimum. Campers will also enjoy specialized programs at Rockin and Jamin Climbing Gym, Extreme Challenge, Dancetek and Mid Air Adventures, who are housed in the same building as Progrish.
- **Graphic Design:** Each summer camp package includes the opportunity to create and design custom graphics on either a skateboard or t-shirt. Other options include: custom stickers, hats, hoodies, etc.
- **Digital media:** Each camper will receive valuable experience and instruction with many forms of digital media, including: Digital video, photography, and editing. Summer campers will take home photos and a one of a kind video, documenting their Progrish experience. Throughout the camp week, coaches will use digital images and video of each camper to aid in the training process.
- **Camp Room:** Our camp room is stocked with challenging and entertaining activities, including ping pong, foosball, shuffle board, art supplies and board games, as well as a giant TV with an extensive action sport video library.

Typical daily camp schedule:

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<b>8:00 - 9:00:</b>	Arrive at Progrish and prepare for the day's activities. Campers can eat breakfast in the dining room or enjoy games and videos in the camp room.
<b>9:00 - 9:30:</b>	Load up the van, and head out to the skate park, maybe Arvada, Lafayette, Denver or one of the other 30 local spots close to Progrish.
<b>9:30 - 11:30:</b>	Skate all morning with the Progrish coaches and campers.
<b>11:30 - 12:30:</b>	Eat lunch and relax, either at the skate park or back at the Progrish dining room.
<b>12:30 - 2:30:</b>	Work on skate skills and overall fitness in the cross training area. Campers use balance boards and specialized trampoline skateboards to develop new tricks in an innovative program developed by some of Colorado's best skaters.
<b>1:30 - 2:30:</b>	Skateboard to airbag session. Progrish has a 30 foot mega ramp with airbag landing, and an 8 foot skate lite drop into the airbag with interchangeable rails and ledges. Campers can take their skating to new heights with these one of a kind features.
<b>2:30 - 3:30:</b>	Flex time. Campers choose how they want to finish their day. Whether it's ping pong in the camp room, snowboarding, or more skating, Progrish coaches will be present for advice and encouragement.
<b>4:00:</b>	Parent pick-up

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