



JAR IDRETTSLAG NORWAY

SUMMER HOCKEY PROGRAM AT JAR

Last summer we had participants from the United States and it was a success for both the club and the participants – both on- and off the ice. This summer we are happy to invite you all back to our camps in Jar. Located just 10 minutes outside of beautiful downtown Oslo with professional english speaking coaches.

SIGN UP HERE:

- **23 June - 28 June: Boys & Girls born 2016 - 2010 (5 days)**
- **11 August - 16 August: Boys & Girls born 2016 - 2010 (5 days)**
(contact us for more information)

SUMMER CAMPS

PROGRAM INCLUDES:

- 2 ice sessions per day
- Off-ice & theory sessions every day
- Goalie practices
- Lunch & snacks available all day
- A trip to Norway's largest trampoline park
- Camp T-shirt and goodies
- Games and pizza on the final day

PRICES (IN NOK)*:

- Camp Fee: 5.000,- Kr
- Hotel: 1.290,- Kr /night for a double room (breakfast incl.)
- Transport 1.000,- Kr (takes you from and to the airport and from and to the hotel every day.)

*1 USD = around 10 NOK

CONTACT:

- **Knut Henrik Spets:**
khs@jaril.no
- **John Evans:**
11johnrevans@gmail.com
- **Christina Carleton:**
ccarleton@norwayhouse.org

