

SKATE FAST

SPEED SCHOOL PROGRAM GUIDE

WEEK 1: SATURDAY AUGUST 17th

ICE 11.30am-12.15pm: Learn basic speed skating positions and movements. Testing Day (how fast can you skate 1 lap?)

WEEK 2: SATURDAY AUGUST 24th

ICE 11.30am-12.15pm: Straight skills: how to get a good glide and powerful push. Starts - fast arms and feet, hops, and pushing

WEEK 3: SATURDAY AUGUST 31st

ICE 11.30am-12.15pm: Corner Skills: continue skating fast around the corner, crossover technique and circles

MONDAY SEPTEMBER 2nd, 6.00PM

NSW SHORT TRACK SPEED SKATING CHAMPIONSHIPS

Skaters are invited to join us for some fun racing and games during the competition. You also get to watch some of the fastest skaters in the country compete. **FREE ENTRY TO RACE**

WEEK 4: SATURDAY SEPTEMBER 7th

ICE 11.30am-12.15pm: Recap of speed skating techniques straight and corner.

WEEK 5: SATURDAY SEPTEMBER 14th

ICE 11.30AM-12.15PM: 1 lap re-testing (how much faster am I now at skating 1 lap?)

Fun racing and games on the ice

FINISHED THE PROGRAM?

Canterbury Ice Rink is offering all skaters who complete the Skate Fast Program a discounted rate on the purchase of their next skate school card.

Normal price \$160,
Discounted Price \$110

WANT SOME MORE TIME TO SKATE FAST?

All skaters in the Skate Fast Program receive a discount to our Monday Speed School Classes for all of August and September. Only \$5 per class.





2019 NSW SHORT TRACK SPEED SKATING CHAMPIONSHIPS - SPEED SCHOOL RACING

FUN RACES

SKILL CHALLENGES

PRIZES

**WATCH THE TOP SKATERS
IN NSW RACE**

**MONDAY SEPTEMBER 2ND
6.00PM-8.30PM**

FREE ENTRY

**ALL SKATE
SCHOOL
SKATERS
WELCOME**

2019 SKATE FAST PROGRAM REGISTRATION FORM

SKATERS NAME: _____

DATE OF BIRTH: _____

DO YOU CURRENTLY ATTEND SPEED SCHOOL CLASSES?

YES NO

DO YOU CURRENTLY ATTEND LEARN TO SKATE CLASSES?

YES NO

IF YES WHICH LEVEL ARE YOU IN? _____

PARENT/CARER NAME: _____

PARENT/CARER EMAIL: _____

PLEASE NOTE YOU WILL BE REQUIRED TO WEAR A HELMET TO ALL CLASSES/RACING. YOU MAY BRING YOUR OWN OR BORROW ONE FROM SKATE HIRE.