



2019

SKATE FAST

PROGRAM



5 weeks of speed skating lessons
August 17,24,31 September 7,14

Free Entry into the NSW Speed
Skating Competition: 6.00pm
Monday September 2

How fast can you skate 1 lap?
Find out by signing up now.
Only 20 spots available.

Like skating fast?

Learn how to skate even faster with our 5 week skate fast program.

WHAT IS IT?

Learn the basics of speed skating and see how fast you can get in 5 weeks.

Skaters will be tested in week 1 and week 5 to see how fast they can skate 1 lap of the rink. Skaters get 5 x 45min lessons, as well as free entry to the NSW Championships Speed School division on Monday 2nd September. For those wanting extra practice you can join our Monday speed school sessions (6.00-6.45pm) for only \$5/session during all of August and September.

WHO IS IT FOR?

Skaters already participating in the Speed School

Skaters from the Learn to Skate Program

Anyone who wants to see how fast they can get in one month. Skaters should already have basic skating skills (Learn to Skate Level 3 or above)

WHEN DOES IT RUN?

Saturdays August 17, 24, 31 and September 7, 14.

11.30am-12.15pm

Monday September 2nd, 6.00pm-8.30pm

NSW Short Track Speed Skating Championships.

Free racing and fun events for all Skate Fast participants and speed school skaters. You also get to watch some of the top skaters in the country race.

HOW MUCH DOES IT COST?

\$50: Includes all five on ice lessons on Saturdays, and free entry to the Skate School Races during the NSW Championships.

\$20 per single lesson

HOW DO I REGISTER?

Fill out the attached form and bring it with payment to the front office. Entry into the 5 week program closes on August 17th. Limit of 20 skaters so make sure you get your registration in early to avoid missing out.