

Learn to Skate Fast

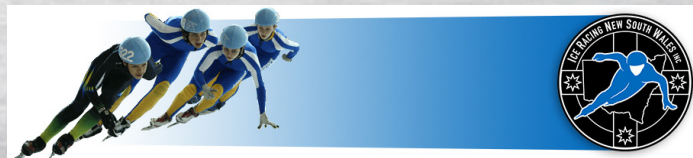


For more information



Macquarie Speed

Phone 9888 1100



Speed Skating Classes
Now at Macquarie Ice Rink

Thursdays

7:30pm

Session Times

Thursday	7:30pm - 8:00pm	Speed School
Friday	9:15pm - 10:15pm	Club Training for NSW Association Members

Please arrive at least 15 minutes prior to the start of the session to gear up and get your skates on.

What Do I Need?

You can wear regular hire skates or your own figure or hockey skates. As your ability improves, we will get you geared up in speed skates. They have a long blade and will help you to glide over the ice fast.

You should also wear:

- A bike helmet.
- A long sleeved T-shirt and long pants.
- Gloves, knee pads and shin pads are recommended.

Cost

\$90 per 5 week term

Classes are taught by accredited speed skating coaches who will help you to work through 10 levels of the National Training Program, The Winning Edge.



Short Track Speed Skating

If speed is your thing, then Thursday nights are where the action is to learn to skate fast.

Whether you plan on becoming Australia's next Winter Olympics medallist or if you just want to learn a more efficient skating technique, you are welcome to come and try this exhilarating sport.