



# Speed Skating

## Getting Started at Canterbury Ice Rink

### Want to get fit and have fun?

Speed Skating is ideal for kids and adults alike. It's great to firm and tone up your body. Gliding along on the ice is easy on your body - far less stressful than land-based exercise. Throw in a little speed and you'll improve your aerobic health.

Come along to Canterbury Ice Rink on **Thursday nights at 6.15pm** for the Learn to Speed Skate class. When you're feeling a bit more comfortable on the ice you can then talk to the coach about possibly staying on for the Arrows Speed Skating Club training session at **7.30pm**.

### What do I need to wear?

Close-fitting clothes that cover your arms and legs. A long-sleeved T-shirt or track suit would be good. Dress in layers, as you'll get hot.

Bring a bike helmet if you have one. You can also wear gloves, kneepads and soccer shin pads.

### Let people know you are here to skate.

Introduce yourself to Coach Maggie Holland, or to Grae or Gemma McWhirter who will show you where to get skates and help you get started.

### What about the skates?

We have a supply of speed skates for beginners. These have long blades which make it easier to glide over the ice. There is no extra cost to use these skates. There are some basic rules about their use:

- it's first in, first served, as we don't have all sizes.
- return the skates to the skate cupboard, preferably wiped dry so they haven't rusted for the next time you'd like to use them.

### How old do I have to be?

As long as you can stand up while wearing skates, you are the right age to start having a speed skating lesson.



### How much do lessons cost?

Skate School lessons are \$15.00 per session or you can purchase a Skate School card from the cashier at the rink. A skate school card allows multiple entries for lessons, as well as practice sessions at other times. These are much more economical.



### What will we do?

Maggie Holland and a group of experienced skaters will help you to improve your skating lesson by lesson. Each week after coming off the ice you'll be led through some strengthening and warming down exercises. Throughout the year you'll have the chance to compete against other skaters at your own level for some great prizes.

### How can I help?

We have safety mats that need to be put on the ice to protect you (in case you fall over). We appreciate any help with this from parents or adult skaters.

### How can I keep in touch?

A regular email newsletter will be sent out to skate school families. Just submit your email address details to keep informed of special events, competitions and clinics.

*See you at Skate School*