

**What:**

Try Speed Skating introductory program for experienced hockey, ringette or figure skating athletes, Ages 9+.

Why:

Speed skating is fun, full of opportunity and growing! Experienced skaters from other ice sports adapt quickly and often become very successful speed skaters. Some take up speed skating while continuing with their other ice sport, while others looking for a change find great enjoyment in speed skating. Athletes who decide that speed skating isn't for them take away stronger skating technique that will help them in another sport.

When:

6 one hour sessions from September 15 - 27, 2016:

Thu Sep 15 - 5:15 to 6:15 pm

Sat Sep 17 - 2:30 to 3:30 pm

Tue Sep 20 - 6:15 to 7:15 pm

Thu Sep 22 - 5:15 to 6:15 pm

Sat Sep 24 - 2:30 to 3:30 pm

Tue Sep 27 - 6:15 to 7:15 pm

Where:

Eastlink Centre, Charlottetown

How:

Sign up now! Only \$70, including speed skate rental! Visit www.speedskatepei.ca, click on the "Register Now" button, then scroll down to the "September 2016 Try It / Introductory Program" and click "Join" to register. Late registrations will be accepted.

Equipment:

Speed skate rental is included in the fee and speed skates will be used by all participants.

Hockey helmet (with mask), hockey neck guard (bib style), hockey gloves and hockey shin guards are all acceptable to meet the minimum safety requirements. For added flexibility on skates, speed skaters normally wear soccer shin guards and volleyball type knee pads, rather than hockey shin guards. Bike and ski helmets may also be used instead of hockey helmets, along with shatter resistant eye protection, such as squash or racquetball glasses, or safety glasses from an industrial supply or hardware store.