



Lightning Speed Skating Club

Come Skate With Us!!

Register Now for our 2015/16 Season

Choose a program that works for you!!! Three options available

Level 1 – Intro to Speed Skating

A five week program twice a week with mini meet to introduce the sport of speed skating.
All ages welcome. Practice Tues 4:00 - 4:45 pm and Sat 9:30 -10:15 am

Level 2 – Speed Skating Lite

A full season of speed skating for all ages .
Practice Tues 4:00 - 4:45 pm and Sat 9:30 - 10:15 am **

Level 3 – Full Registration

A full season of speed skating for all ages.
Practice Tues 4:00 - 5:15 pm , Sat 9:30-11:15 am, Sun 9:30 - 11:00 am**

Location:

Planet Ice - Tues and Sun
Port Coquitlam Recreation Center - Sat

Schedule may vary to accommodate special events

Fast Is Fun – No Speed Limits

Check out our website for more information

www.lightningspeedskating.ca

To Register Contact: Andrea (604) 464-5145

Email: amdowdle@shaw.ca