

## GATEWAY SPEEDSKATING CLUB

OVER 50 YEARS OF TEACHING YOUNG AND OLD THE THRILL OF SPEEDSKATING

# LEARN TO SPEEDSKATE

4 SESSIONS

COST \$50

YOU ARRANGE THE 4 SESSIONS YOU WANT TO ATTEND WITH COACH PHIL.

RSVP: [phingerprint@yahoo.com](mailto:phingerprint@yahoo.com)

Kirkwood Ice Rink

111 S. Geyer Rd

Kirkwood, MO 63122

Sessions available 9/18/19 – 2/28/20

Held during our regular practice times.

Any unused session will expire 2/28/20

The Gateway Speedskating Club is once again offering a Learn to Speedskate opportunity. You may select 4 sessions. Sessions are held in conjunction with our normal practice times. Those with any type of previous skating ability are welcome. This is not designed for a beginner who has no experience skating.

You must notify Phil of the sessions you want to attend in advance. We want to insure there is extra coaching available to assist with instruction on the evenings you attend.



We welcome youths and adults with previous hockey or figure skating experience.

Bring a helmet, gloves, long sleeves and long pants (no wide legs). Elbow and shin guards are recommended.

The cost is \$50 for the four sessions:

(\$40 for ice time and \$10 for US Speedskating 2 month membership to be on the ice during a sanctioned club practice)

Wednesday practices start promptly at 7:15pm and Sundays at 1pm. Please arrive 30 minutes early to be prepared to get on the ice at the start time. Skaters will be expected to help with safety pads if able and to warm up.

An attempt will be made to fit the skater from amongst skates in our rental pool. If not, they can bring their own or we can fit in hockey skates or figure skates from the rink.