

LEARN TO SPEEDSKATE



ABOUT OUR PROGRAM...

The Park City Speedskating Club is a non-profit community sports club serving Park City and surrounding area. Our goal is to have fun while teaching proper speedskating technique, discipline, self-motivation, dedication, leadership, team building and sportsmanship.

The Park City Speedskating Club offers learn-to-speedskate clinics on Wednesday evenings at the Park City Ice Arena. These clinics are for both the beginner and advanced skaters. With emphasis on fun and techniques, this program is designed for adults and youngsters of all ability levels to learn the basics of short track speedskating.

Skaters learn basic track pattern, as well as offensive and defensive track strategies and an introduction to tactics and basics of passing. Skaters also learn the rules and regulations of short track racing.

The Park City Speedskating Club and the Park City Ice Arena also offer frequent Drop-in-Speedskating sessions once a week on Sunday mornings. These sessions are limited to speedskaters exclusively. Please see the Park City Ice Arena schedule for days and times.

For more information please contact Lucy Best @ (760) 815-6043 or biglucy2000@yahoo.com

PARK CITY SPEEDSKATING CLUB

This 6-week Wednesday evening program will be coached by a former U.S. Speedskating team. Skaters will be divided by level for the most efficient learning for all.

Club Time: Wednesdays 7-8:15pm

**Club Dues:
\$72 for youth and adults**

Includes: 6 club sessions with instruction

DROP-IN SPEEDSKATING:

<i>Cost:</i>	Youth \$8.50	Adult \$10.50
<i>10-Punch cards available:</i>	Youth \$60.00	Adult \$85.00

**Sunday session times vary;
please see the Ice Arena
schedule.**



Drop-in fees are paid to the Ice Arena

GENERAL GUIDELINES:

- **Certain safety equipment is mandatory to be on the ice for short track speedskating.**
- **All participants must wear a helmet (a bicycle helmet is fine) and leather gloves.**
- **Participants must also wear a long sleeved shirt, long pants and knee pads. Shin pads are also recommended.**