



**Who:** All ages; All abilities

**When:** Fridays 5:45pm – 7:15pm

**Where:** Rex Stimers Arena  
(8 Gale Crescent, St. Catharines)

**What:** Short Track Speed Skating

### Equipment

- Hard-shell helmet: speed skating bike, or hockey,
- Neck guard (preference is for the bib style)
- Cut resistant gloves
- Shin guards
- Knee pads and elbow guards (recommended for beginner skaters)
- Flexible clothing: skinsuit or track pants/tights and a warm jacket that that can be removed during practice

We have the skates you need!

**Try Before you join!**

Introductory offer  
3 sessions \$50.00

(includes skate rental)

If you decide to join for the year the \$50.00 will be taken off your membership fee.

### Contact

**President:**

Wendy Holierhoek  
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[niagaraspeedskating.com](http://niagaraspeedskating.com)



[fb.me/niagaraspeedskating](https://fb.me/niagaraspeedskating)



Proudly a member of  
**Speed Skate Canada**  
and the  
**Ontario Speed Skating Association**



Do you want to skate-

**FAST ?**



**Niagara  
Speed Skating  
Club**

## Mission Statement

The Niagara Speed Skating Club is committed to providing coaching and mentoring to all ages of speed skaters whether their focus is competitive or recreational in nature. Our focus is on assisting individual goal achievement and a healthy lifestyle with an emphasis on personal enjoyment.



## Short Track Speed Skating

Speed Skating is a exciting and fast sport done on regular sized ice rink in an arena.

Speed skating can be done at any age and at any ability.

Racing quickly becomes a key component of speed skating. Throughout the season there are opportunities to race at regional series events and with increased skill and times, skaters may advance to provincial series events.

Speed skating can be for those looking for a fun recreational sport, cross training or fitness. It can enhance hockey and figure skating skills.

Members skate on Speed Skates with blades ranging from 35-45cm in length. The club has many speed skating skates of varying sizes for rent. Skaters may eventually choose to purchase their own skates.

The Niagara Speed Skating coaches are certified NCCP Speed Skating Coaches.

Niagara Speed Skating Club is a proud affiliate of the Ontario Speed Skating Association.

**Skate fast, turn left**



**Speed Skating is an Olympic Winter Sport**

The Niagara Speed Skating Club has been established since 2003 and has been supported by the Ontario Trillium Foundation.

