



Synchronized skating or “synchro” is a specialized discipline of skating involving groups of eight or more skaters performing various group formations and maneuvers. The object is for the team to perform as one unit executing circles, blocks, lines, wheels and intersections in unison to the music, while demonstrating quality edges, power and flow. Synchronized skating has grown in popularity around the world and Canada is considered a world-leader in this discipline.

We are planning to hold a recreational SynchroSkate session from 12:10 pm until 1:00 pm on Saturdays during the Winter session. You must skate the minimum number of regular sessions each week for your level in order to participate. All Intermediate and Senior skaters are invited to join. The cost for 19 weeks is \$296.00.

Skaters will learn the basics of synchronized skating in a fun group environment, such as the arm holds and different formations used in synchronized skating. We will also work on step sequences of varying difficulty and create a fun program to music which may be skated at a performance or recreational competition. Skills learned here may be used if the skaters choose to seriously pursue synchronized skating later in their career, or for fun and recreation as an adult. (Depending upon numbers and levels of skaters registered, the group may be divided into 2 teams.)



Name: _____

Birth date: _____

Highest Tests Passed:

Freeskate: _____

Dance: _____

Skating Skills: _____

Cash _____ Cheque _____ Credit Card _____

Expiry Date _____