



GLOUCESTER SKATING CLUB PROGRAMS AND SERVICES

PROGRAMS

Competitiveskate
(Freeskate, Dance, Pairs)
Starskate
(Freeskate, Dance, Skating Skills, Interpretive)
Adultskate
Synchroskate
Canskate & Pre-School

SERVICES

National and International Professional Coaching Staff
Private Lessons & Group Lessons
On-Ice Simulations
Athletic Support System
Video analysis
Jump Harness Training
Off-Ice Conditioning / Personal Fitness Trainers
Weight Room/Cardio Studio
Mental Training Consultant
Nutritional Consultant (upon request)