



LEARN TO SKATE / FIGURE SKATING PROGRAMS

The Gloucester Skating Club's Adult/Teen/RecSkate Program is designed to provide our **teen** and **adult** members a **fun, safe, supportive** and **cooperative** environment to develop their skating skills through personal achievement. Our professional coaching staff promotes learning through technical development in a positive, group environment. We welcome new participants at any level, from Learn-to-Skate to figure skating.

ADULT/TEENSKATE

Whether you've never skated before or would like to improve your basic skating skills, GSC's Adult/TeenSkate Program is for you! Skaters develop and acquire their skating skills in a group lesson format, which promotes good health and wellness while in a physical and social setting.

Our coaching staff will teach our skaters skills such as skating forward & backward, stopping and gliding to more complex skills like forward and backward crosscuts, turning and edge development. Progression is based on individual needs, understanding, safety and abilities. New skaters or skaters developing their basic skills are required to wear a CSA approved hockey helmet.



RECSKATE

GSC's RecSkate Program promotes the development of figure skating skills in a group lesson format, incorporating physical literacy and individual skill acquisition. Our coaches provide technical information to our participants to promote learning and improvement of figure skating skills. Skaters also have the option of participating in **Skate Canada skill assessments and/or competitions**.



Tuesday and Sunday Adult/Teen/Rec skaters do a group warm-up, then rotate between the 3 or 4 coaches for the duration of the session.

The **Adult/Teen/RecSkate** programs fall under the Learn-to-Skate umbrella in GSC's programming. You will often find CanSkate, Adult/Teen/RecSkate information together.

The Gloucester Skating Club is proud to provide all our members the opportunity to learn to skate in a **fun, safe and engaging environment** that develops self-confidence in the pursuit of a healthy lifestyle.

Sessions fill up quite quickly as this is a very popular program. We do offer **drop-ins** (*while spots are still available*) which allows a skater to skate on the session on various weeks. Drop-in costs are available through the online system.

