



Learn to... Synchro Skate 2008

The Coquitlam Skating Club is proud to be offering a Learn to Synchro Skate Session for the 2008/2009 skating season.

Saturday's from 7:00-8:00am

Skaters enrolled in the Synchro Skate Program have an opportunity to achieve personal growth and development by participating in a high quality program that teaches the fundamentals of Synchro skating in a progressive and sequential manner. Synchro skating skills are taught in group lesson format and are taught by NCCP Certified Coaches.

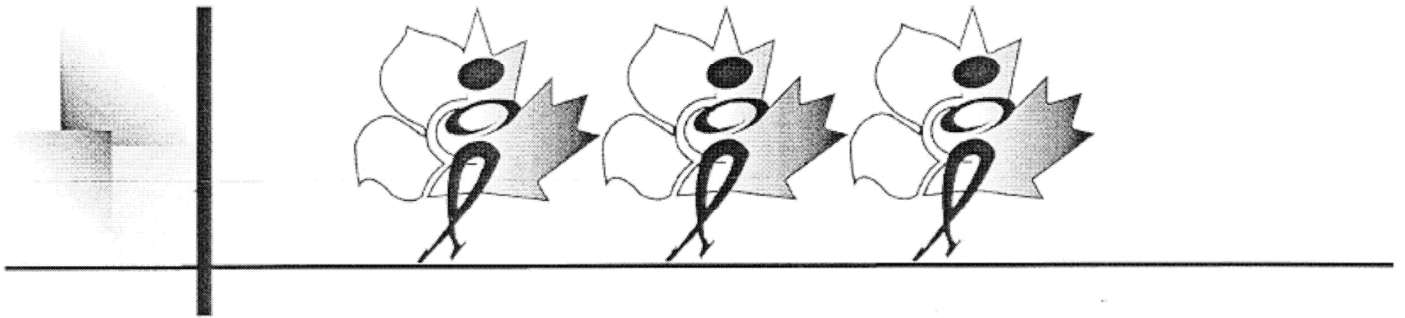
The Learn to Synchro Skate program offers opportunities for skaters to develop basic synchro skating skills, which concentrates on the following areas: Circles, Lines, Blocks, Intersections, Pinwheels, Field Movements, Moves in Isolation, and Step Sequences. As Synchro Skating concentrates primarily on synchro skills, it is strongly recommended that skaters participate in at least one other discipline of skating per week. (Freeskate, Ice Dance, Skills, etc.)

There are two event streams of Synchronized Skating in Canada, Festival and Competitive. Both events can lead to national level competition, and the competitive stream can lead to International and World Championships.

We invite you to give Synchro a try at our open house on September 13th, 2008 from 10:00am to 1:00pm

For more information please contact Cindy Watson 604-466-5875 or sk8withcindy@telus.net

**Festival +
Synchro Skate**



About the Sport Synchro Skating

Synchronized skating adds a dynamic dimension to the world of competitive and recreational skating and is one of the fastest growing ice sports. An exciting team sport, it is a specialized branch of figure skating that involves 8-20 skaters performing intricate formations and breathtaking transitions all choreographed to reflect speed, unison, and accuracy.

In interpreting the highlights and story of the music, teams must skate in complete unison; from their head positions and expressions to their arm holds and free leg positioning. The combination of creative choreography, appealing music, and attractive costumes makes synchronized skating a great sport for participants and spectators.

Synchronized skating teams accommodate skaters at all skill levels from those just learning the sport to highly competitive skaters. The focus on participation, fun, friendly competition, and lifetime involvement, is the reason for synchronized skating's phenomenal growth.

The Coquitlam Skating Club is proud to offer the following Synchro Programs:
Learn to Synchro Skate (ages 5-17)
Adult Synchro Skate (ages 18+)
Masters Synchro Skate (ages 35+)

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FIRST 3 SESSIONS SEPT 6, 13 AND 20TH ARE FREE