

# LEARN TO SKATE WITH US!

*Trough play and movement we learn the basics of skating.*

**Sundays starting october 9 (autumn) / january 15 (spring)**

## Child-Youth

08:05 Gathering

08:15 - 09:00 Training on ice

## Teen-Adult

09:50 Gathering

10:00 - 10:45 Training on ice

11:00 - 11:40 Training off ice (floor training)

## Equipment

Skates, helmet, gloves and warm flexible clothes.

**Mark the helmet with the skaters name.**

In skating school its is fine to use any skates, but we recommend to use comfortable but hard skates with lacing.



# IFK Västerås Konståkningsklubb

**mimer**   MÄLARSMIDE

*Norströms entreprenad*



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