

# Summer Speed Skating Course

Become part of the exciting world of short track speed skating by signing up to this 5 week course

We can provide equipment but if you have skates, gloves and a helmet please bring them.

Long sleeves and gloves are essential

Coaching by qualified coaches and races

## Dates & Times

6.30-7.30pm Wednesday 30th July,  
6th, 13th, 20th and 27th August

Skaters will have to arrive at 6.00pm  
in order to arrange equipment

**Price:** £20 (that's just £4 a session)  
[www.flintshireflyers.co.uk](http://www.flintshireflyers.co.uk)

For more info call Gary on 07801928832, 01625444825 or  
garynoble@grifen.co.uk

The club notice board is the first in the corridor leading to the rink

I would like to join the Flintshire Fliers Summer Speed Skating course

Name..... Age.....

Name Parent/ Guardian if under 16.....

Contact Tel.....email.....

Skate/shoe size.....

Skating level    beginner    classes    advanced (please circle)

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