

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

Price: £20 (that's just £4 a session)

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