



# ADULT SPEED SKATING



Looking to stay in shape this fall and love to skate?

Come join the Regina Speed Skating Club for short track skating this fall!

A program for adults of all ages and abilities, our Active for Life group will have qualified coached practices Sunday's from 7:45pm to 8:45pm at the Staples Arena:

October 16, October 23, 30  
November 13, 20, 27, 30  
December 4, 11, 18

Cost: \$300.00 (includes provincial recreational licence fee)

Skate rental: \$50.00

Register at:  
[www.reginaspeedskating.ca](http://www.reginaspeedskating.ca)

Looking forward to seeing you on the ice!