



CODIAC CYCLONES SPEED SKATING CLUB



TRUE | **SPORT**
SPORT | **PUR**

www.codiaccyclones.com

Speed skating is a fun sport that helps develop fitness, strength, endurance, coordination, concentration and cardiovascular capacity. It's an activity for all ages that the whole family can enjoy.

The sport has been practiced in the region for over 30 years and sessions have been held at the A. J. LeBlanc Center in Dieppe since 2001.

Programs are offered at both, the recreational and competitive level starting with our Learn to Speed Skate program. As skaters progress they can choose whether to skate recreationally or competitively. No matter which one they choose, they will have a lot of fun and find new friends while practicing the sport.

Our regular season starts at the beginning of October and ends in March. Members skate between once or twice a week depending on the level they belong to. Competitive skaters have the opportunity to race at various meets, both inside and outside the province.

Younger skaters can start the Learn to Speed Skate program with their regular skates. As they progress, we recommend the use of speed skates. These are available through our skate rental service.

Apart from the skates, very little equipment is required to participate:

- helmet
- neck guard
- knee pads
- shin guards
- cut resistant gloves

All of these items are common to other popular sports and therefore readily available.

We practice at the A.J. LeBlanc Arena in Dieppe every Tuesday and Thursday evenings. Come for a session and see if you like our sport.

Canadian Speed Skaters ranked among the world's best at the last winter Olympics.

For more information or to register please visit our web site at:

www.codiaccyclones.com