



PVFSC Skills Squad

**For skaters from Skate School Classes 5 & 6,
Aussie Skate Freeskate 1 - 4
and all IJS Levels (including Adults)**

Our classes are designed to help skaters improve their skating skills and are made up of two components;

- ★ **off-Ice** focusing on stretching and flexibility &
- ★ **on-Ice** focusing on skating drills (edges, turns, steps and power).

Please visit the event link below for more information:

<https://penrithvalleyfigureskatingclubinc.tidyhq.com/public/schedule/events>

- ❖ **All participating skaters are required to have their own skates.**
- ❖ Skaters are required to wear appropriate footwear (joggers) for the Off-Ice training component.
- ❖ All attendees must comply with the Penrith Ice Palace conditions of entry.
- ❖ Our Coaches are accredited members of the Australian Professional Skaters Association (APSA) and on a rotating roster.
- ❖ All enquiries are welcome via email:
penrithvalleyfigureskatingclub@gmail.com