

Have You and Your Family Ever Wanted to Try Out or Practice Skating?

Come join L.I.F.E. Program staff at **Sargent Park Arena on Sunday December 9th 2018 from 12:00-1:00pm** to practice your skating skills and check out some adaptive equipment!

Available adaptive equipment will include:



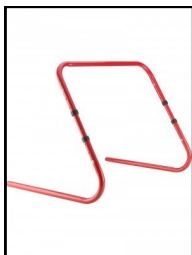
Skateez: just like training wheels for a bike! Skateez are designed to provide support for beginner skaters and provides a way to learn the basics of real skating motions. Smaller and larger sizes available!

Skating is a great way to get out, get active and to enjoy time with family and friends!



Skate Helper: a sturdy skate aid that can be stacked to accommodate taller individuals and provide more support.

Please let us know if you are planning to attend by contacting Dominique Gagne at 204-258-6500 or at lifeprogram@rccinc.ca to RSVP.



Skate Bars: provide support and allow individuals something to hold onto for balance.

We hope to see you there!

Please note: this time falls during regular public skating time and music will be playing during the event. There will be a designated "safe zone" for beginners or anyone who is more comfortable away from the crowd! Please bring a **helmet** and be aware that anyone wanting to enter the ice surface must be **wearing skates**.