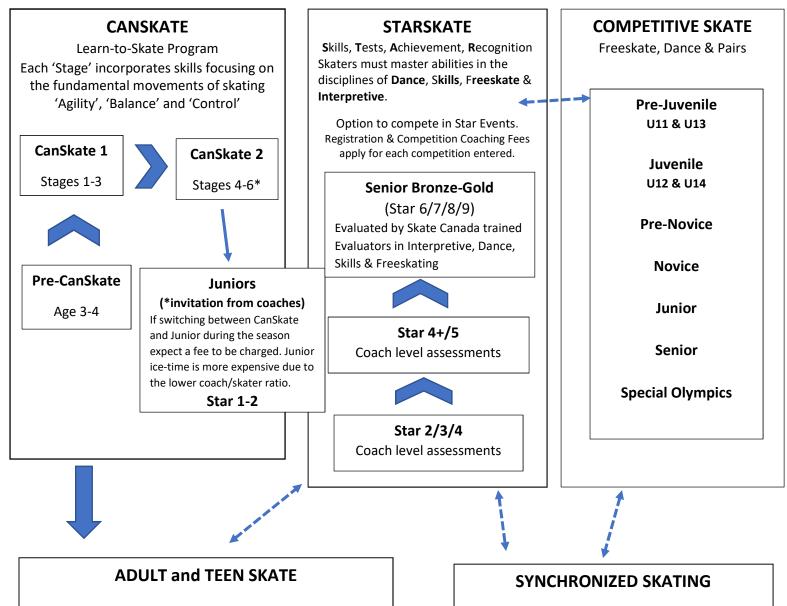
Greenwood Skating Club

Programs and Progression Chart



CanSkate, StarSkate and PowerSkate programs geared for adults.

POWERSKATE

INTRO & ADVANCED

An excellent complement for those athletes playing hockey or ringette focusing on balance, power, agility, speed and endurance.

Synchronized skating, or "synchro" is a specialized discipline of skating involving groups of eight or more skaters performing various group formations and maneuvers. The objective is for the team to perform as one unit executing circles, blocks, lines, wheels and intersections in unison to the music, while demonstrating quality edges, power and flow.