

#SkateFastTurnLeft



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Do you  
have the  
need for  
speed?

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The Ottawa Pacers Speed Skating Club is one of the largest and oldest established speed skating clubs in Ontario, Canada.

Based at the Bell Sensplex in Kanata (for the short track program) and Brewer Park Oval (for the long track program), the club boasts well over 100 skaters of all ages and skill levels.

The Ottawa Pacers is a self-run organization with no paid staff, and participation by all members is what makes us a thriving community organization. It is our members who coach skaters, sit on the board of directors, maintain the club website, manage finances, organize meets, and assist with the operation of the 400-metre Brewer Park long track oval.

We train indoors at the Bell Sensplex in Kanata from the beginning of September until the end of March with the option to train outdoors at the Brewer Park Oval during the winter months.



## Youth Programs

### Development Group

(Tues. & Thurs. 5:15 PM – 6:15 PM)

- Skaters age starting at 5 y/o
- Skaters must have basic skating skills before they begin
- Focus is to learn the basics of speed skating

### Intermediate Group

(Tues. & Thurs. 6:15 PM – 7:45 PM)

- Skaters have mastered the basics of speed skating and are improving both technique and speed

### Advanced Group

(Tues. & Thurs. 7:45 PM – 9:15 PM)

- Accomplished skaters as well as skaters who are competing at the provincial and national levels



## Adult Program

### Masters Program

(Tues. & Thurs. 9:15 PM – 10:15 PM)

- Masters skaters ranging in age from 20 to 60+.
- Includes skaters new to the sport of speed skating as well as skaters with years of experience
- Skaters can choose between skating half time (one night a week) or full time (two nights a week)

## Equipment

- Skates can be rented from the club, prices are established at registration
- Skaters will also require the following safety equipment to participate in programs:
  - ❖ Neck guard with bib
  - ❖ Cut-proof gloves
  - ❖ Cut-proof cuffs
  - ❖ Safety glasses
  - ❖ Shin guards
  - ❖ Knee pads
  - ❖ Elbow pads
  - ❖ Skating helmet



## Program Fees and Registration

- Registration takes place in August at the Bell Sensplex
- Discount provided to the third and subsequent skaters of a family
- To join midway through the season (and get a pro-rated rate), please contact the club for further information and pricing



Go to [www.ottawapacers.ca](http://www.ottawapacers.ca) for more information or email us at [inquiries@ottpacers.ca](mailto:inquiries@ottpacers.ca)

