

# Skating Fundamental Skills

## An active life in Richmond starts here

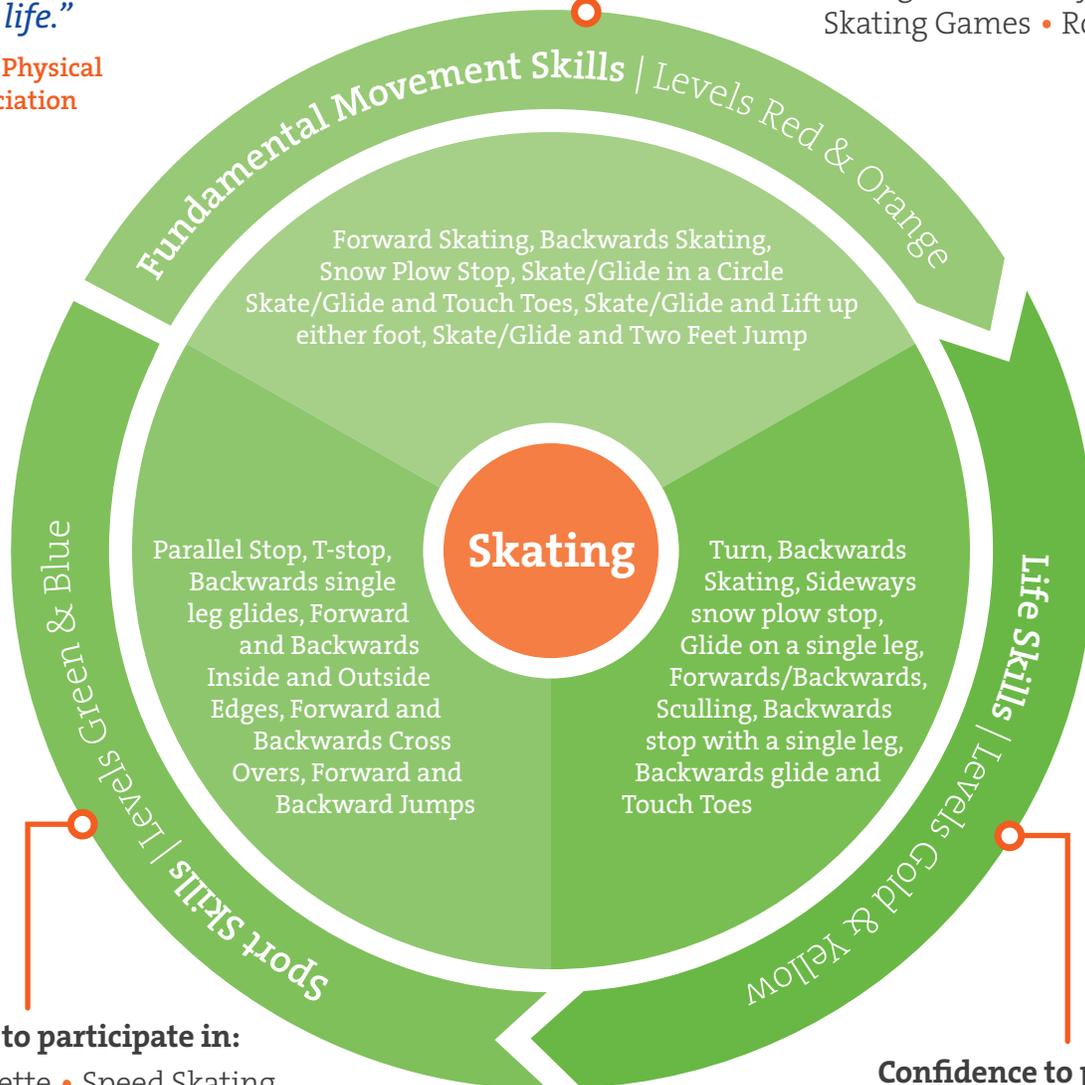
visit [www.richmond.ca](http://www.richmond.ca)

*“Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.”*

– International Physical Literacy Association

### Confidence to participate in:

Public Skate Sessions  
Beginner hockey, ringette  
Skating Games • Roller blading



### Confidence to participate in:

Hockey • Ringette • Speed Skating  
Figure Skating • Power Skating  
Synchronized Skating

### Confidence to participate in:

Drop in ice hockey/skating  
Outdoor Skating  
Skiing/snowboarding  
Water Skiing • Wake Boarding