

gymnastics lawn bowling  
cross country skiing  
speed skating learn to run golf  
para alpine alpine  
tai chi broomball  
hiking figure skating  
snowshoeing  
freestyle skiing volleyball  
target shooting snowboard  
diving Speed Skating  
ladies cardio kickboxing  
wheelchair basketball jiu jitsu  
table tennis pickleball walking  
hockey badminton  
synchronized swimming ringette  
para nordic sledge hockey  
yoga biathlon squash  
bowling archery  
cross-country skiing

# Try-it!

➤ FREE EVENT

## ➤ Speed Skating

Fort St. John excels at speed skating, and there are many reasons why - access to a long-track speedskating oval, local Olympians, and amazing coaches are just a few.

Here is your chance to get out and try the sport for yourself. Speed Skating is a great sport for people of all ages and levels, and is a sport that can be enjoyed for a lifetime. It's all about helping you perform at your personal best!

Join the Fort St. John Elks Speed Skating club on March 7th to meet with the coaches and skaters, and see if speed skating is the right sport for you!

➤ **Saturday, March 7** | 7:00pm - 9:00pm  
Pomeroy Sport Centre Speed Skating Oval

➤ **For more information, please contact:**

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➤ [www.EngageSportNorth.com](http://www.EngageSportNorth.com)

Strive to Thrive.