

Start2Skate Winter Season 24-25

Do you sometimes feel inclined to try speed skating? To enjoy gliding over the smooth ice? Now is your chance! Join this year's edition of Start2Skate!



Start2skate includes four training sessions where you master the basic techniques of skating. You will be learning from the professional trainers of IJclub Eindhoven (IJCE).

Start2skate lasts four weeks; the fourth week ends with your

own skating challenge: 20 minutes non-stop skating. The most fun part? You will not be there alone!

Participation costs are € 30,-. Should you decide to become a member of IJCE afterwards, these costs are deducted from membership costs. And, the rest of the season you can skate freely on the IJCE hours. Overmore, you can also prepare yourself freely for the skating season 25-26 during the summer training.

€ 30,- gets you:

- Four times ice rink access
- Feeling safe on the ice
- Training in a fun group of people
- Four skate lessons, each customized to the own level of competence, led by a professional trainer
- Free skate challenge

Who knows, perhaps after Start2Skate you are ready for bigger challenges such as the famous 'Nacht van Eindhoven' or touring all day on natural ice.

Start date:	Sunday February 2, 2025
End date:	Sunday February 23, 2025
Max. participants:	30
Cost:	€ 30,-
Necessary:	Skates; renting skates is possible Protection: helmet and gloves
Age group:	12 to 80 years old, so an extended family opportunity
Subscribe via e-mail:	info@ijce.nl

Sessions

- Training 1** Sunday, 2nd of February 2025; 08:15 till 10:15
- Reception of participants
 - 1st training
 - Introduction basic skating technique
 - Option to ask individual questions after the training session
- Training 2** Sunday, 9th of February 2025; 08:30 till 10:00
- 2nd training
 - Option to ask individual questions after the training session
- Training 3** Sunday, 16th of February 2025; 08:30 till 10:00
- 3rd training
 - Option to ask individual questions after the training session
- Training 4** Sunday, 23rd of February 2025; 08:30 till 10:30
- 4th training (short)
 - Challenge
 - Introduction to IJCE

Location

IJssportcentrum Eindhoven
Antoon Coolenlaan 3
5644 RX Eindhoven



Association

IJCE is the largest skating association in North and South-East Brabant, with over 700 members. IJCE offers a full range of skating related sports, in Summer and Winter: Short track skating, Skeelering, Race (bike) training, Mountain bike training, Bootcamp (aimed at skating). IJCE has skilled trainers, who ensure the correct techniques are learned and who pay attention to endurance, strength, speed and agility.

For more information check our website: www.ijce.nl