



FIGURE SKATING

Instructor: Peggy Ransom

Figure skating is a sport in which individuals, pairs or groups perform freestyle movements including jumps, spins, lifts and footwork on ice. It is the oldest sport on the Olympic Winter Games programme, first included at the 1908 London Games and again in 1920 in Antwerp, Belgium. Figure skating represents an elegant combination of art and sport, testing athleticism, style and technical skill.

Figure skating at Shawnigan offers skaters the opportunity to develop fundamental skating skills in the areas of ice dance, free skate and interpretive skating. Interested skaters may also choose to pursue synchronized skating or pairs skating.

In accordance with Skate Canada regulations, all skaters who have not achieved Stage 5 in the CanSkate program or who lack good balance and control must wear a CSA approved hockey helmet while on the ice.

