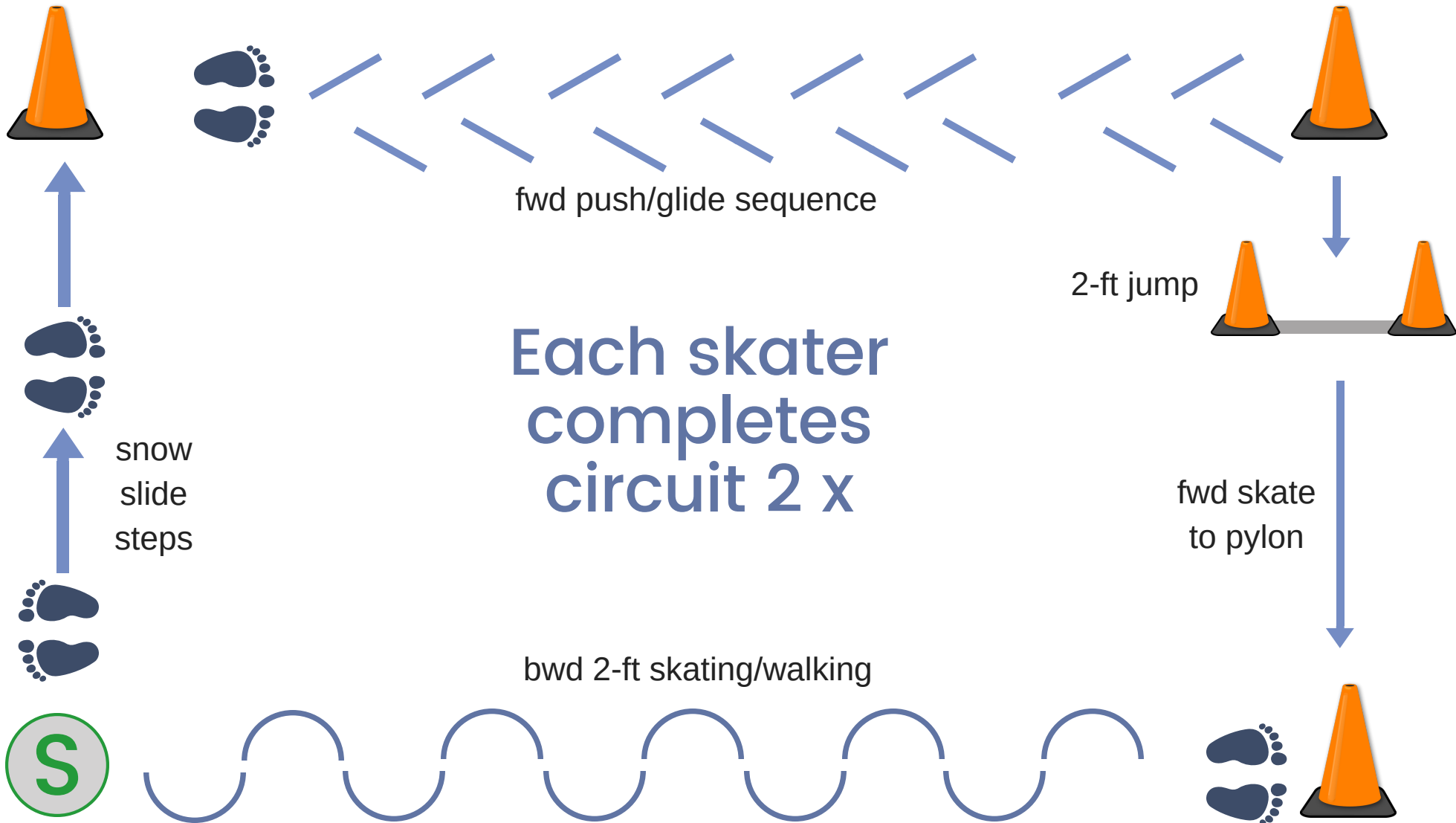


# CANSKATE STAGE 1

Frozen  
Fest



SKATECANADA  
LETHBRIDGE SKATING CLUB

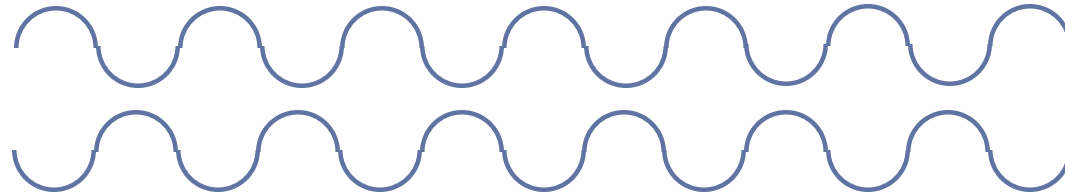


# CANSKATE STAGE 2

Frozen  
Fest



SKATECANADA  
LETHBRIDGE SKATING CLUB

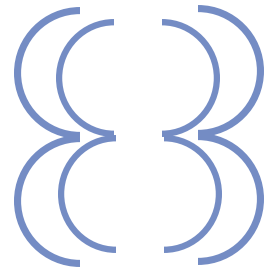


fwd 2-ft sculling



Each skater  
completes  
circuit 2 x

fwd 2-ft turn  
(cw or ccw)



fwd skating  
(push/glide  
sequence)



bwd 2-ft skating/walking



fwd skate  
to pylon

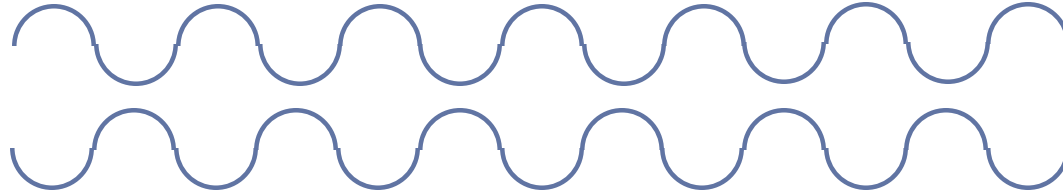


# CANSKATE STAGE 3

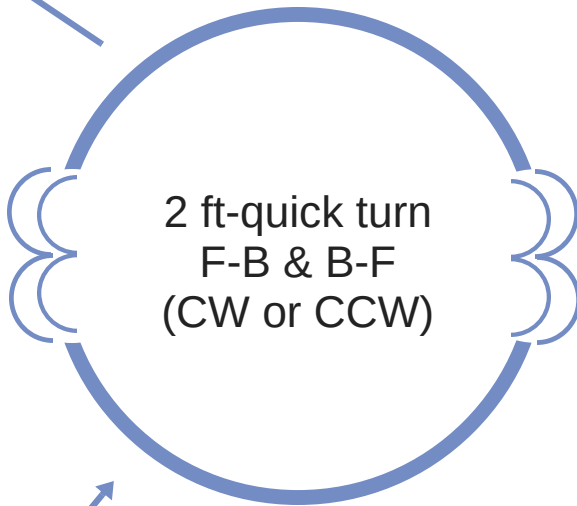
Frozen  
Fest



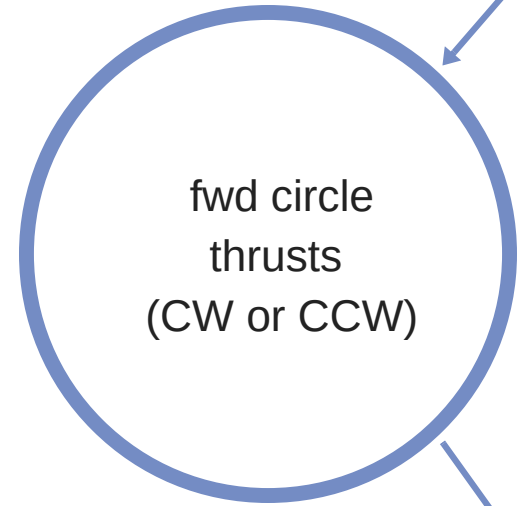
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bwd 2-ft sculling



Each skater  
completes  
circuit 2 x



bwd 2-ft jump

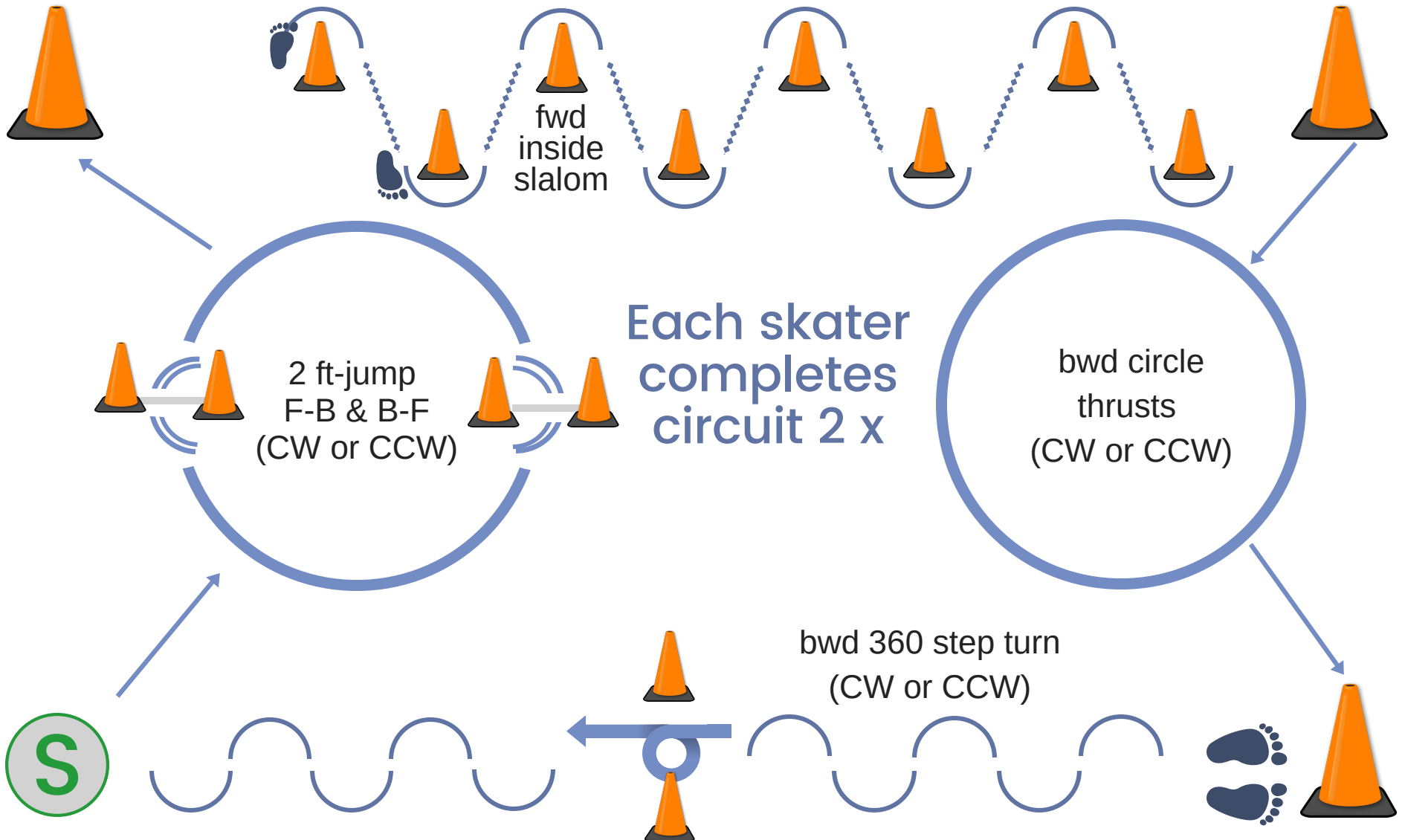


# CANSKATE STAGE 4

Frozen  
Fest



SKATECANADA  
LETHBRIDGE SKATING CLUB

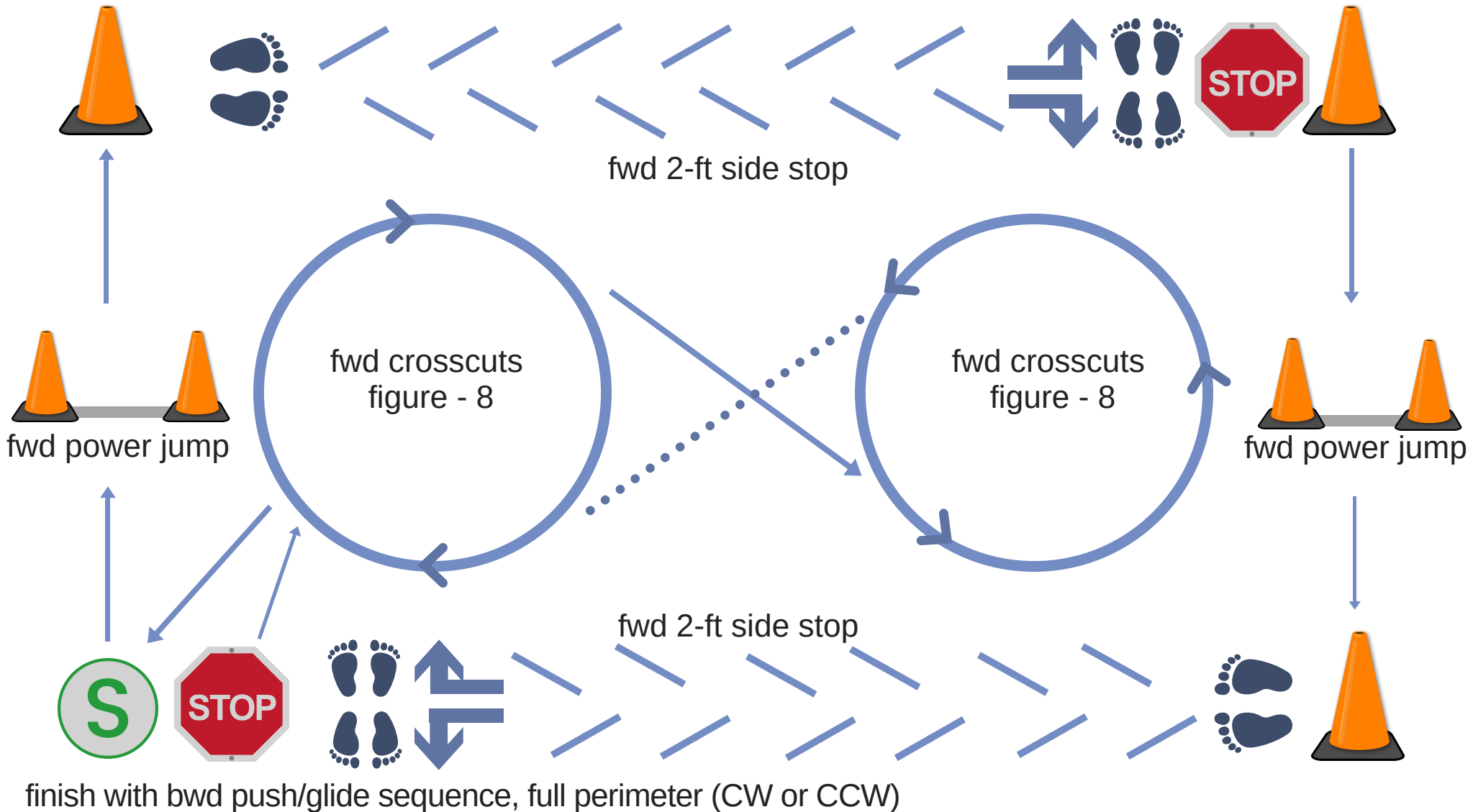


# CANSKATE STAGE 5

Frozen  
Fest



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# CANSKATE STAGE 6

Frozen  
Fest



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