



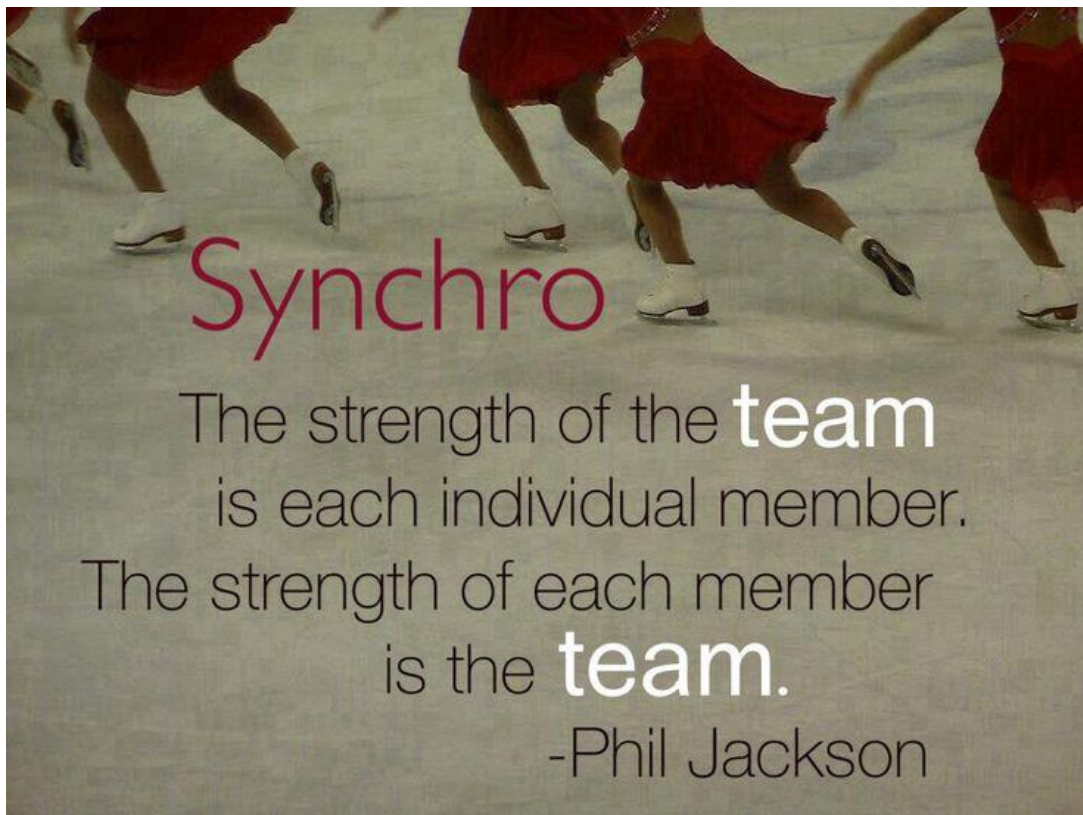
Skate Canada – Mount Forest

690 Martin Street Mount Forest, ON. N0G 2L3



**“The Rusty Blades”**

## Skate Canada-Mount Forest’s Adult Synchro Team



Wanting to get back on the ice for some fun,  
team spirited exercise?

Then Adult Synchro is for you!

Friday Nights starting Oct 4<sup>th</sup> from 6:40-7:50pm.

For more information contact: Nicole West 519 323-2533