

Hi!

My name is Cathy Ong Tone and I am a Level 1 figure skating coach. I have been involved with the Pointe Claire Figure Skating Club for 20+ years both as a skater and coach. Since skating, I have achieved both my:

- 1) Senior Silver – Freestyle Testing
- 2) Gold – Skills testing

I have also found a passion to teach younger skaters the concepts of having fun on the ice all the while improving their technical skills!

In addition, as an Occupational Therapist, my knowledge in body movement patterns can help in analyzing and developing skaters' abilities.

If you have any questions, please feel free to contact me!