



PARENT INFORMATION

PLEASE READ the following information as it should address most of the frequently asked questions and will be beneficial for a positive experience in the Inver Grove Heights Skate School.

INVER GROVE HEIGHTS SKATE SCHOOL RULES

1. All skaters on the ice must be wearing skates and be registered in the program.
2. Hockey/Penalty boxes are off limits for viewing. (Parents and skaters)
3. We invite parents to watch from the bleachers, lobby or outside of the rink. Please do not hang over the glass. We find the skaters are able to focus more on their skating when there is less distraction nearby.
4. Parents or guardians should refrain from entering the teaching area during class time.
5. Lessons should not be interrupted with questions. If you wish to speak to an instructor, please wait until the completion of class.
6. Skaters may have one adult with them in the practice area if they need assistance.
7. No hockey pucks, hockey sticks, tennis balls, etc. are allowed on the ice during skating school classes.
8. Keep blades off the cement! Walking on rubber is okay but wearing skate guards is always recommended.

ENHANCE YOUR CHILD'S EXPERIENCE

- Support the skater no matter what!
- Be realistic about the child's ability.
- Allow the coach to do the coaching.
- Use honest and open communication with the coach.
- Be positive about your child's skating.

NAMETAGS/CHECK-IN

- Participants should check in at the East rink and pick up your nametag.
- If your child need rental skates the can be picked up at the entrance to the East Rink.
- After participants get their skates they can put them on in front of the East Rink.
- Nametags will be used for each class. **PLEASE RETURN them to your child's instructor at the end of each class.** They will be on the table just inside the East Rink before each class session.
- Colored dots on your child's nametag will correspond with where he/she should meet the instructor. Please refer to sheet at the entrance to the East Rink ice as to where your child needs to be on the ice.
- **Please check the white board** in the lobby area before each class for other important class information.

RENTAL SKATES

Skates are provided free of charge for Learn to Skate participants and can be obtained at the entrance to the East Rink. We recommend that if you or your child stays in the program, that you purchase your own skates.

FREE OPEN SKATE PASSES

Free open skate passes will be put in the back of your child's nametag. Please make sure to take this card out so your child can attend the open skating sessions. Please note that **passes are to be used for the Learn to Skate participants only family members have to pay for open skating.**

WHAT TO WEAR

1. Be sure to dress your child accordingly. We suggest dressing in layers. It is important for skaters to be warm, comfortable and have freedom of movement while skating. We do not recommend jeans or snowsuits (they restrict movement) or knee pads (they make it difficult for skaters to get up off the ice).
2. We recommend that Skaters ages 5 & under wear a helmet. Bike helmets are acceptable.
3. Mittens or gloves are recommended for all skaters.
4. We urge all Tot 1-4 level skaters to start with figure skates. Hockey skates are more difficult for children to keep their balance. Once they learn to skate, they can easily make the switch to hockey skates. Skate rental is included in the price of the class.
5. Skates should be comfortable, but snug-usually one size smaller than shoe size!
6. Make sure your child's skates are tied properly. The laces should be snug (from toes to the top); your fingers should not fit between the skates and the laces.
7. Important things to know when purchasing new skates:
 - Do not to get skates that are too big. Make sure there is only enough room to fit a pencil behind the back of your heel.
 - Make sure you get the proper amount of support.
 - Caring for your skates is also extremely important. Always remember to dry the blades off before you put them away, so they don't rust. Never store your blades with the plastic guards on them. Instead, wrap blades in a dry towel or use fabric blade covers designed for that purpose.

LEVEL EVALUATION

Our professional staff will evaluate skaters based on age and ability to ensure they are in the correct class. **Participants at all levels will be evaluated the first class and placed in the appropriate class.** Testing takes place on the last session of the program. It is important that the student is present for testing day. Students who have been tested are given participation ribbons and a test sheet indicating which level they should sign up for in the next session.

Skaters must master every skill before progressing to the next level. However, each skater is different and will progress at his/her own pace. Some classes may need to be repeated to master all the skills. This in no way i

It is our hope that this detailed information will be helpful to you in signing up for future classes and/or in working on certain skills.

OTHER INFORMATION

If you have any further questions, please call the Al Vandehoef at 651-450-2468 or Roni Maas at 651-274-8854. You can also go online at www.funatthegrove.com click Community Center – Ice Arenas – Learn to Skate