



LEARN TO SKATE LESSONS

What to Wear:

- 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).
- It is highly recommended that Skaters ages 5 & under wear a helmet. Bike helmets are acceptable.
- Mittens or gloves are recommended for all skaters.
- Rental skates are available (free of charge) to participants.

Recommendations for SKATES, for beginner participants:

FIGURE SKATES – Proper equipment is the first step towards a POSITIVE SKATING EXPERIENCE. Skates should be leather and properly fit. Properly lace skates from the toe area to the top of the ankle. You should not be able to get your finger underneath the laces. Feel free to leave the top two laces a little looser, this will allow your skater to bend their knees. Please no plastic skates. They don't bend.

THE ADVANTAGE of LEARNING in a pair of FIGURE SKATES, or flat bladed/starter skates is that the BLADE is FLAT allowing for greater stability while learning. The toe-pick allows for the skater to catch themselves, should they begin to fall forward. Just being able to stand up easily allows the skater to enjoy their first skating experience and gain self confidence. Once the skater has attained BASIC SKATING SKILLS a transfer to HOCKEY SKATES is very smooth, and your skater will be leaps and bounds ahead of the game and the competition!

HOCKEY SKATES: Please no hockey skates for those enrolled in Tot 4 and under. The motor skills of youngsters age 5 and under are not developed enough to reach "Maximum Rate of Learning" in hockey skates. Notice that a hockey blade is "rocked" (like a rocking chair). If the skater does not have complete balance, (which most 3-5 year olds do not) they will rock forward or backward and fall down frequently. Often times this causes discouragement, and it is more likely that they may quit because of equipment making the learning process more difficult.

During the Lesson:

- Everyone on the ice must be on skates; NO SHOES OR BOOTS ARE PERMITTED.
- Lesson participants should be the only ones on the ice with the instructor.
- Parents/family/friends are not allowed in the hockey box area during classes.
- If you have any questions for your child's instructor, please email the Learn to Skate Director - Roni Maas at rmaas31@aol.com

THANK YOU for your cooperation in helping create a positive skating experience!