

# **PARENTS GUIDE for Learn to Skate Session 9/18/2017 through 10/30/2017**

Thank you for your participation in the LEARN TO SKATE program at Manchester Ice & Event Center. This program provides a fantastic opportunity to take advantage of professionally directed coaching at a really reasonable price. Whether your interest is recreational or competitive, this program will help to grow confidence and sportsmanship in a safe and FUN environment!

Our coaching staff consists of PSA rated professionals and accomplished assistants who will guide your child through the basic skills of skating. The LEARN TO SKATE USA program curriculum reflects the unified efforts of US Figure Skating, USA Hockey and USA Speedskating to create a dynamic curriculum that will foster *solid* skating skills. **We strongly recommend a follow-up session to your child's initial session.**

LEARN TO SKATE classes are offered for ages 4 and up!

We offer hockey classes from beginning Level 1 through a more skill specific Level 6. Classes in figure skating include Snow Plow Sam levels through Free-Skate Level 6.

Each LEARN TO SKATE session will consist of a two month (6-7 week) course of lessons **and** practice time on each MONDAY from 4pm to 5pm. Some special sessions (usually skaters signed up for shows or advanced classes) will start at 3:30PM.

A LEARN TO SKATE, Basic Skills™ membership (secondary insurance) is required and is effective July 1st through June 30<sup>th</sup> of the following year. You only buy insurance once a season.

## **PRACTICE MAKES PERFECT**

If you are a skater that is actively enrolled in a Learn to Skate session, you may purchase a "Practice Punch Card" which entitles the skater to attend (5) public sessions that include skate rental for only \$20+tax! One punch card per student/per session is available for purchase. This is a great deal!!

## **WHAT TO EXPECT THIS SESSION      Mondays – Sept 18 thru Oct 30**

9/18    Registration, orientation and FUN DAY for the kids, supervised by our volunteer and junior coaches! Skate fitting and "parent talk" at 3:50. Assessment and class placement starts at 4PM during free-time for skaters to get comfortable. We will proceed with some classes at 4:30, if conditions allow.

10/9    Progress reports – Please go over form with coach to understand exactly where your child stands

10/30    Final lesson and recital for Session 1 – Parents are encouraged to attend! Make sure you are registered for Session 2! The kids really seem to make progress that second session, once they are used to the whole process of learning to skate and the rink environment.

### *Please Remember...*

Be on time (as much as our crazy lives allow!). Please give your child the time to properly tie their skates and make the most of their Learn to Skate experience! Coats and gloves...or at least enough layers to keep warm.

## **POLICIES:**

**TIME FRAME** - Classes will last 25 minutes.

Advanced basic classes are typically from 4:30pm-5:00pm, with practice ice before class from 4:00pm-4:30pm.

Beginning classes up to Basic 2 or Hockey 2 will typically occur between 4:00pm and 4:30pm with practice ice after class from 4:30pm to 5:00pm.

### **CLASS SIZE and LEVEL**

A (3) student minimum\* required to hold a class. *\*MIEC reserves the right to combine classes as necessary.*

Level Evaluation will occur during the first week of the session. Our professional staff will evaluate skaters based on ability to ensure that the skaters are properly placed. Look for progress reports after week 4.

### **MAKEUP and REFUNDS**

We will make our best effort to accommodate any special needs or situations.

### **HELMETS – SKATES – CLOTHING**

- **Helmets** – Optional, but highly recommended. We encourage your child to bring a well-fitting helmet from home. Ski helmets are fine, we don't allow bike helmets. Make sure it is clearly marked with their name.
- **Skate Fit** - Skates should be comfortable but snug and not pinch the toes. The heel should not move.
- **Skate Lacing** – Tap heel as far back into the skate as possible. Straighten the tongue. Begin lacing the skate so that it is snug through the ankle and first two sets of hooks. Cross extra lace over the hooks and tie, do not wrap excess lace around the boot.
- **Clothing** – Should be warm, layered and comfortable. **GLOVES ARE A MUST!**
- **Coaches** – Talk to your child's coach. Feel free to check on class placement or progress and/or comment on child's progress.

For more information about US Figure Skating and USA Hockey we encourage you to visit their websites at [www.usfsa.org](http://www.usfsa.org) and [usahockey.com](http://usahockey.com).

For current ice schedules, program registration forms and waivers visit:

**[www.manchestericecenter.com](http://www.manchestericecenter.com)**

