

TIPS TO MAKE YOUR FIRST SKATING CLASS SUCCESSFUL:

Pre-Register. Our program has **a registration deadline of one week prior to the start of a class series**. We do not accept “walk-in” registrations on the spot. Late registrations (for Week 1 or 2) may be considered on a space available basis, but must be pre-approved by the LTS director prior to arriving for class.

Arrive early. We suggest arriving 15-20 minutes before class time, to allow time to check in, receive your nametag, get rental skates if needed, and to lace skates properly.

Come prepared with the right attire. Safety helmets are recommended for children under the age of 6 years, or for any beginner skater trying skating for the first time or not yet comfortable on the ice. The helmet should be a rounded style that fits comfortably with the chinstrap snugly secured, keeping the helmet firmly in place. The Consumer Products Safety Commission recommends helmets ASTM F1447; Snell B-90A, B-95, N-94; check fine print certifications if possible.

Dress appropriately. Gloves or mittens not only provide warmth, but are essential in protecting hands while learning to fall and stand back up again. Wear comfortable attire that does not restrict movement. Layered clothing (i.e., athletic shirt, sweatshirt, jacket) that is easy to remove when warm, is ideal. Avoid bulky snowpants and snow mittens with nylon composition that provide no friction for a youngster attempting to stand back up again. Thin, lightweight socks that come well above the ankle are also recommended.

Consider skate fit. Skates should fit snugly with just a little bit of wiggle room for toes without pinching. If the heel lifts out of the footbed when walking, the skate is too big. A close fit provides more control which is essential for a successful experience. Shoe size will not run identical to skate size, so if a pair of rentals feels too big or too small, ask to try another size.

Lace skates properly. Unlace the skates a bit, and open up the tongue to help get the foot properly into the skate. Be sure the heel of the foot is tapped all the way back into the skate. Pull up and straighten the skate’s tongue, and be sure it hugs the lower leg as laces are secured. Pull laces with even tension, making crosses over the foot, then continue to cross while lacing up through all the hooks at the boot’s top. Tie securely at top. Be sure you feel laced tightly enough to have sufficient support, but not so tightly you can not flex your ankles or bend your knees. Usually, if one finger can fit between the leg and boot’s back when you bend, skates are laced with just the right amount of support. Walking on the rubber flooring in skates should not feel terribly difficult, so if this is challenging, consider a smaller skate size or adjust your lacing with greater tension.

Make the most of practice time. Like any new activity, skating takes practice! Enjoy getting comfortable on the ice with our included practice time.

WE CAN’T WAIT TO WELCOME YOU TO SCW!