

## Skaters and Parents

Welcome to the wonderful world of skating and the Peabody Learn to Skate Program. We have a fun and educational 8 weeks planned for your little skaters. A few helpful hints to keep your skater happy and safe.

1. **What age should my child be?** All ages are welcome: children not ready will be asked to try again at the start of the next session.
2. **What should my child wear?** A helmet is mandatory; a helmet with a facemask is strongly recommended; a bicycle helmet is the minimal requirement. Kneepads without plastic (plastic makes it difficult to stand up) are recommended. Mittens or gloves are essential. Clothing should be layered; thermal underwear or tights are a good idea. One pair of thin socks, preferably cotton socks, is recommended. Thick socks are cold, as they usually cramp the toes.
3. **How about the skates?** When learning to skate, a child must have skates that fit properly and provide the proper support. Figure skates for both boys and girls provide more stability than hockey skates when starting out, yet either figure or hockey skates will work when properly fitted. Check for stiff support around ankles. Skates that are too large hinder the child's abilities: they don't provide enough ankle support and therefore work against the skater. The child should be able to wiggle his or her toes, but not let the foot slide back and forth. If you have any questions about skates, please ask us.
  - **Skate sizes, on an average, run a size smaller than the shoe size.**
  - **Skate lacing;**
    - Loose:** Pull tight enough around toes but let toes wiggle.
    - Tight:** Around the ankle, pull tight for support.
    - Medium:** Top of skates: pull to allow knee to bend.
  - **Always wipe blades dry after use, as rust will develop and cause inability to glide. Never store skates with guards on- this causes rust.**
4. **What is the student – teacher ratio?** No more than 8-10 students will be taught by one instructor.
5. **How will I know if classes are canceled?** If there is no School for the town of Peabody due to inclement weather or Holidays (e.g. Christmas, School Vacations). Lessons will be cancelled and extended at the end of the eight week session. Check our web page [www.peabodyskating.org](http://www.peabodyskating.org) or Facebook at Peabody Skating Rink.

**There will be no make-up classes due to illness or skater missing a class. No refunds after 3<sup>rd</sup> lesson.**
6. **How will the lessons be conducted?** Each lesson will consist of five minutes of warm-up and a 45 minute lesson. We have an excellent coaching staff, which have set goals to have your little skaters without crates after the third week.
7. **PLEASE NOTE:** Sunday Class and Tuesday class are a 25 minute lesson and a 25 minute free skate.
8. **Creates will ONLY be used under the COACHES desecration.**

**Our goal is to provide a fun and happy environment for all skaters while they learn the basic skills of skating. If you have any questions, suggestions or problems please come to the office before or after the classes.**

**Paul LoGiudice  
Rink Manager**