

Learn to Skate Program

Parent Newsletter

Welcome!

Thank you for choosing Pearkes Recreation Center for skating lessons. We look forward to having you in our program. Should you have any questions or suggestions about our skating lessons, please call Courtney MacMurchy - Skating Program Technician at 250-475-5463.

Helmets

It is mandatory that all participants wear helmets and gloves during skate lessons. The best helmet for your child's safety is a hockey helmet with a face cage. This helmet will protect the skater's entire head and face in the event of a fall. A hockey helmet is a good second choice as it protects the head, but not the face. A bike helmet is acceptable if fitted properly. The helmet should cover the forehead and should be tight enough that it does not shift on the child's head.

Skate Rentals

Skate rental tickets are available at a cost of \$1.00 per lesson and can be purchased individually or in a 10x punch card, both available for purchase at reception. Once you have your rental ticket please exchange your shoes for skates at our SkateShop. We have both figure and hockey skates available. Figure skates are recommended for beginners, as they have a longer/flatter blade and are easier to balance on. These come in both a black and white skate. Hockey skates generally fit one size smaller than shoe size and, figure skates fit the same size as shoes.

First Day of Lessons

On the first day of lessons, skaters will meet their instructors in the lobby by the SkateShop. Class lists will be posted under class level signs, please know your child's level. For each class after the first class, please meet the instructor at the assigned door to the ice.

Parents Responsibilities

We expect parents/care givers to be in attendance during their child's skate lessons to ensure the safety and comfort of their child. Children will often want to see a parent if they are hurt or if they need to visit the washroom. If you need to be absent please inform the instructor or the team leader.

Progress

Parent/Instructor Interviews are held on the third to last class of every session. The instructors will leave the ice ten minutes early allowing for a brief update on your child's progress and skill development. The children will remain on the ice with supervision to enjoy fun and games.

Report Cards detailing your child's progress will be distributed on the last class. If you happen to miss this class, report cards are available for pick up anytime following the last class at Reception.

Your feedback is very important to us. Please look on-line for the Skate Lessons (Registered Programs) Survey.

About our Skates

We take pride in our rental skates. Please do your part to help us keep the skates in good condition. Please make sure skaters only walk on rubber matting and do not walk on cement flooring. Please do not go up into the bleachers with the skates on. This damages the skate blades and makes it difficult to skate.

Fitting and Lacing our Skates

Unlace the skates and pull up on the tongue. Slide your foot inside the boot. You may need to pull on the boot initially to get your foot inside, as the boot should be a **snug fit**. Once inside, your toes should graze the tip of the boot and **there should be minimal movement of the foot inside the boot**.

Once the skates are on, laces should be pulled tight up to the ankle area. Laces should not be wrapped around the leg or be hanging down around the blade. If you need assistance, **please** ask any of our staff members for help.

Which Helmet Should your Child Wear?



Best – Hockey Helmet with Face cage

This helmet is designed for skating. It will protect your skater's entire head and their face from slips and falls.

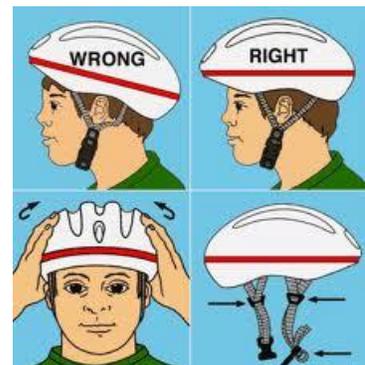


Good – Hockey Helmet

This helmet is designed for skating and will protect their head, but not face from slips and falls.

Acceptable – Bike Helmet

This helmet provides limited protection. If you choose this helmet please ensure that it covers their entire forehead and sits level to cover the back of their head. It should be tight enough that if your skater shakes their head really hard in all directions it does not move.



Thank you for your continued participation

Courtney MacMurchy
Skating Program Technician
250-475-5463