

# Learn to Skate & Hockey Class Information Sheet

## Dates:

Mini Session: Sep 8 - Sep 25, 2019

\* **Full Session: Sep 29 - Dec 18, 2019**

No Class Wednesday 11/27/19,

\* **Full Session: Jan 5 - Mar 18, 2020**

Mini Session: Mar 22 - Apr 8, 2020

## Hockey Classes Wednesdays only:

(skaters who have passed Basic 1)

Oct 2 - Dec 18, 2019 Wed 6:15 pm

Jan 8 - Mar 18, 2020 Wed 6:15 pm

### Sunday Level times:

3-5 year olds "Snowplow Sam" - 2:30 pm

Basic 3-6 - 2:00 pm

Sunday Practice 3-3:30 pm

### Wednesday Level Times:

Snowplow Sam 3-5 yrs. - 6:25 pm

Basic 3-6 - 6:00 pm

Free Skate 1-6 - 6:00 pm

Wednesdays Practice 6:00-6:25 or 6:25 - 6:50 pm

## What to Wear

Long Pants or Snow Pants

Jacket or Coat

Long socks or Crew Socks (not ankle socks)

Gloves or Mittens

Bike Helmet (required for 10 yrs. and under at IHWC)

Snow Hat

## Lacing Skates

Loosen up skates by pulling laces out a bit before placing foot in.

Place foot in, tap heel of blade on floor to make sure heel back.

Tighten laces from toe to ankle, **tightest where foot and ankle bends.**

Lace around hooks with criss cross pattern.

Finish with secure bow. Do not wrap extra lace around ankle. Double bow.

Skater should be able to bend knees. If cannot, loosen the top hooks .

## First Day of Class

\* Arrive approximately 30 minutes before class begins

\* If you have not registered and payed for your session, do this at the front desk

\* If you need skates, pick up your size at the front desk

\* Create a name tag for your skater to pick up each week and wear during their class. These are located on the table next to the rink door

\* First day of session: Meet your coach/group off the ice on the lobby end of rink at your level sign posted on plexiglass

\* Remember that if skater needs to move to different class, they will be moved by their coach or Skating Director to the appropriate level

\* Turn in Name Tag to table next to rink door in lobby in alphabetical box when class is over

Their name tags will be available each week to pick up and use for your class

## Helpful Hints and Information

Be sure to sign up for our annual Winter Carnival Ice Show which takes place in February. Groups are formed from the most basic levels from age 3 through teens. The skaters LOVE skating in the show. We will have registration forms available in late Fall.

Before purchasing skates of your own, allow us to help you understand what quality boots and blades to look for at your skater's level. There are many brands and styles at reasonable prices for beginners. Check with your coach or the Skating Director for information regarding skates.

If you are interested in private lessons, please let your class coach know or contact the Skating Director to help you find a coach. Your skater can compete in local competitions at the most basic levels from age 3... If interested inquire with your class coach

If you have any questions or concerns, please don't hesitate to contact the Skating Director:

Dorothi Cassini - [dcassini@ihwinterclub.com](mailto:dcassini@ihwinterclub.com) 513-668-1063

