

Welcome to your first day of learning to skate!

Below are some helpful hints to help you on your first day
at Nashoba Skating School!



How to dress for skating success!

- **Safety Helmet**– All beginning skaters need to wear them. Make sure the helmet is comfortable and wear it low in front to protect the skater's forehead. Do not wear anything under the helmet. Make sure to keep it clean by wiping it with mild soap and water only. Store the helmet in a cool dry place, never leave it for long periods of time in direct sunlight. Replace helmet if you see signs of wear or damage.
- **Gloves or Mittens**– Not only will they keep the skater's hands warm they also help protect as skaters learn to fall and get up.
- **Clothing**– Comfort is key to having a successful first day. Plenty of layers should be worn. Warm up pants or sweatpants are easier to get up in than bulkier snow pants. A fleece jacket under a Jacket allows for the skater to take off layers as they warm up.
- **Socks**– A pair of lightweight socks or tights works best. Bulky socks can bunch up inside skates making for an uncomfortable experience.
- **Skates**– Boots should be snug, with a little wiggle room for the toes. The heel of the foot should be far back in the boot. The boot should have solid support to aid the skater in staying upright on the blades. All this takes a lot of strength! Please note: Shoe size is not always your skate size! Having properly fitted skates is fundamental for skating success! Please visit our skate shop, located in the rink, **Cooke's Skate Supply** to purchase or rent your skates. **978-263-8418** or www.cookesskatesupply.com
- **Arrive Early!** Come about 15-20 minutes before your class time. Once you have checked in at the registration desk you can get ready to be on the ice!
- **Lacing up** - Once you have your foot in the boot, make sure your heel is all the way back in the boot. Gently pull up and straighten the tongue of the boot. Start with the second or third set of laces closest to the toe and pull tightly to close the boot. Laces should be snug through the ankle area and bottom two sets of hooks. The top two hooks should be looser to allow the ankle to bend forward. Do not wind the laces around the boot. After you have finished tying the skate, stick a finger between the back of the boot and leg to check the tightness. If you can not stick a finger in here, the boots are too tight. If you can stick more than two fingers in the boot is too loose. If the skate hurts, unlace and start again. Practice walking in your skates to before getting on the ice to make sure everything feels good. Skates should be sharpened if they are brand new and should be sharpened after every 20 hours spent on the ice.
- **Class time!** Parents please enjoy watching your skaters from the stands. Falling down and getting up are the first skills any new skater learns. Instructors will then introduce how to march across the ice and learn a beginning stop. There are 5 levels on Learn to Skate and skaters will move when the skills for each level are mastered. An evaluation is given at the end of each session .
- **Private lessons** - are available to supplement your class. The last 15 minutes of class is set up to allow skaters to practice either on their own or with our professional coaching staff. Please inquire at the check in desk if you are interested in a private lesson.