



Welcome to Oak Lawn Ice Arena, Learn-to-Skate program. This program is designed to teach you the joy of ice skating and the many rewards to be gained from it. Over the next several weeks your instructor will introduce you to the skills required to thoroughly enjoy the sport and create a healthy, fun and safe environment.

### **Learn To Skate Lessons**

The Oak Lawn Ice Arena provides skating lessons for hockey and figure skaters of all ages and abilities! We utilize the United States Figure Skating Learn-to-Skate program which provides group lesson skaters with beginning level skills and patches to be earned. We also provide the opportunity for skaters of all ages and levels to participate in our summer and winter skating exhibitions and compete in recreational (Basic Skills) competitions and high-level competitions.

This handout contains the required elements for testing in the beginner levels. Once you have passed an element, the teacher will indicate that in your nametag. After completing the WeSkate Program, you will be ready for our Rising Stars Figure Skating. In order for your child's tests to be registered, they must be a member of the Learn to Skate USA. We encourage all of our skaters to register for membership at Learn to Skate USA.

Whether this is your first time joining our classes or you are a returning skater, we hope we can fulfill your needs. The most important thing to remember, as with any sport...**PRACTICE MAKES BETTER!** So make sure you check out our open skate times **FREE** to those registered in our Learn to Skate classes!!!

Our goal is to provide our area skaters with a fun and enriching skating experience, helping each skater to feel a sense of personal accomplishment, as they are challenged to reach their full potential!

Your nametag will be on the table in the lobby and **MUST** be worn for each class and to receive the **FREE OPEN SKATE**. If you do not find it, check with Front Desk.

Both the Snowplow 1 and Star 1 Class will meet off the ice where you will learn how to fall and get up, how to hold your arms and how to march in skates prior to getting on the ice. Keep in mind that the **Beginning Snowplow 1** class is designed to make the child comfortable with his/her surroundings. Therefore, our class is very low-key, and based on having fun. The skater will practice walking in skates off-ice first, and then be introduced to the ice and some on-ice games. The test at the end of the session will require the tot to stand, fall, get up, and march in place. The **Star 1** class will introduce basics, such as falling down, standing up, and basic forward & backward skating.

Remember every skater is different, and will not progress at the same level. Try not to compare your skater to another, and to appreciate even small progressions. Ice-skating can be challenging; to see for yourself, try out our adult classes or open skate sessions. If you and your child register for classes together, the adult gets 50% off of their registration!

## Helpful Information for skaters:

- Please arrive 15 minutes before your class or skate time begins
- Wear a sweater or a short coat, but nothing too bulky
- Don't forget to bring gloves!
- Wear only one pair of thin socks or tights - more may cause blisters
- Make sure your skates are not too big...and lace them up tightly
- We suggest all Tot skaters wear head protection
- Ice Skates only on the ice - no shoes/**NO DOUBLE BLADES!**
- We ask that all spectators observe from the arena seats
- Have a good time!

## Practice Ice

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Freestyle practice ice is generally used for private lessons and associated practice times. Ice is \$8.00 per session for a drop-in; punch card and unlimited rates are also available. Practice session passes may be shared between family members but each skater will be charged per time they skate during lesson times.

## Private Lessons

Private lessons are available to skaters of all ages and levels-**even tots and beginning skaters!** Private lessons help reinforce what is learned in class. Because the lesson is geared toward the skater's specific needs, many skaters notice rapid improvement in their skating. As the skaters progress, the levels get harder and harder. Private lessons can help a skater progress at a more rapid rate, or can help a skater get ready to compete. We also recommend private lessons in addition to classes for the freestyle level skater. ***You may also want to participate in our exhibitions!*** Private Lesson fees are paid to your private lesson Instructor. Coaching fees vary, depending on the instructor. Ice Time is paid separately to the Oak Lawn Ice Arena through a punch card for \$75 for 12, one half-hour sessions. Private Lessons may be scheduled during any Freestyle Practice Ice Session, solo music may only be played during Freestyle Practice Ice Sessions. For additional information, speak to a staff instructor, or see the Program Supervisor, Mary Hensley (mhensley@olparks.com).

Private Lessons are a great way to boost your skill level and work toward performance and competitive opportunities!!!

## Oak Lawn Ice Arena Private Lesson Instructors:

Julie Baffi

Vickie Morris

Craig Hensley (hockey only)

Lora Muting

Laura Kubistal

Kali Sarcinella

Alexandra Lolis

Kristin Vanick

Katie Mathis

Kerry Vihnanek

Dana Rehr

Debbie Vinci-Minogue

### Information for Parents:

Please see the following links for various articles of interest.

Professional Skater's Association (PSA) [www.skatepsa.com/Parent-Information-PSA.htm](http://www.skatepsa.com/Parent-Information-PSA.htm)

US Figure Skating Association (USFSA) [www.usfigureskating.org/Programs.asp?id=306](http://www.usfigureskating.org/Programs.asp?id=306)

Ice Skating Institute (ISI) [www.skateisi.com/site/sub.cfm?content=archive\\_home](http://www.skateisi.com/site/sub.cfm?content=archive_home)

### Fun For Kids:

[www.axelannie.com](http://www.axelannie.com)



Lacing your skates...

- ❖ Lightweight socks or tights are ideal- (heavy socks bunch up and actually make the foot feel colder!)
- ❖ Loosen skates completely, pulling out tongue
- ❖ Slip skate on-it will feel tighter than a normal shoe
- ❖ Pull tongue all the way up & out-it should be slightly higher than the top of the boot
- ❖ **Pull laces tightly, one set at a time-this helps support the foot**
- ❖ Cross the laces, or tie a ½ knot before continuing up the hook area
- ❖ Continue to lace skates up the hooks **TIGHTLY**- this is what supports the ankle!
- ❖ If the laces are extra long, lace back through the hooks until there is only enough lace left for a bow-this will give extra support.
- ❖ If the skater's ankles are falling in severely, chances are the boot is too big, or not laced tightly enough.

### SKATES

Proper equipment is the first step towards a positive skating experience. For beginners ages 3-5 leather starter skates/Figure Skates with a single blade made of steel not aluminum are much easier to learn in.

**Why Figure Skates For Beginners?** The advantage of learning in a pair of Figure Skates is that the blade is flat allowing greater stability while learning. The toe pick allows the skater to catch themselves should they begin to fall forward. When buying a pair of ice skates it's important to look for leather not vinyl. Leather helps support the ankles, vinyl does not.

**Why not Hockey Skates for Beginners?** Hockey skates for beginners are difficult to learn in. If you will notice, a hockey blade is "rocked" like a rocking chair. If the skater does not

have complete balance they will rock forward & backward and will fall down frequently, which is frustrating for a beginner. Once the skater has attained the basic skating skills, a transfer to Hockey Skates takes only a few times on the ice to adjust. Your skater will be leaps and bounds ahead of the game if you place them in Figure Skates when they are just starting out.

**Why not Double Runner Blades?** The skating skills that are being taught in class are more difficult to learn if your child is wearing double runner blades. Double runner blades are not recommended for skating classes. Please refer to the section on Figure Skates above.

### **Purchasing Figure Skates**

Every athlete needs good equipment to perform their best.

**BOOTS:** The higher level (more expensive) boots provide more ankle support for higher level skating and longer durability. Young, lightweight skaters need less ankle support and can actually damage their feet if too heavy or stiff of a boot is worn. On the other hand, soft and flimsy boots provide little to no ankle support and are not beneficial for any skater. Skaters in Freestyle 1 & up need good quality, supportive boots or skills will be hindered. In determining what boot to purchase, one must consider the skaters age, physical build, skill level, and number of hours spent on the ice per week.

**SIZING:** Boots should never be bought more than 1/2 size larger than the foot, or the extra length will hinder skill progression and boots that are too big break down more quickly. A recreational fitting boot should be a comfortably snug fit. Often it is a challenge to find comfortable upper level competitive boots. The amount of support that is needed for double & triple rotation jumps does not lend well to subtle variations in shapes of feet. There are adjustments that can be made such as "punching out" pressure points, adding or removing insoles, gel ankle pads, or even trying a different brand name can provide a different fit

**BLADES:** Higher level, more expensive blades are made with stronger, more expensive metals to provide more strength & durability. Weaker blades are not recommended for heavier skaters or higher level jumping. Higher level blades also provide larger toe picks required for jumps & spins.

<http://skatingcircle.com/videos/745>

### **Popular Brands of Figure Skates**

\* The most popular recommended brands of figure skates include Jackson, Riedell, Gam, SP Terri, and Harlick. Each of these brand names make recreational through competitive models. Prices will vary dependent upon boot and blade, size and model. Boots and blades can be ordered as a set, or separately. Young, lightweight, beginning level skaters should expect to pay \$70-\$150 for good quality skates. Beginning level freestyle skaters should expect to pay \$150-\$350, and skaters freestyle 5 & up, over \$300.

### **Skate Pro Shops:**

Most Skate Pro Shops (Triple Toe is located in our building) provide new or used skates to be purchased, stretching or punching out boots, sharpening, and an assortment of skating equipment.

### **Buying Used Figure Skates:**

\* You can find some great deals online or through other local skaters, but size, quality & price can be hit or miss. Many rinks hold "Skate Exchange" Days where skaters are encouraged to bring and sell their old skates. Local events such as these will be posted on the calendar.

### **Things to look for in used skates:**

1) The larger the crease at the ankle of the boot, the more the skates are "broken down", and the less ankle support they will provide.

2) Blades should be tightly secured to each boot. If the skates have leather soles, make sure the leather is in good condition and the screws holding on the blades are not stripped.

3) Blades should maintain a convex rocker when looking at them from a side view. This is necessary for successful jumps & spins. Overly sharpened blades lose this rocker & become flat on the bottom. If there is plenty of blade, a little rust can always be sharpened off.

### **Taking Care of Your Skates:**

1) Take care of your blades! Dry them off thoroughly with a towel every time after you skate, to prevent rusting. Do not walk on ANYTHING other than ice or rubber matted flooring without hard plastic skate guards. (This includes the Arena stairs) Do not store your skates in hard plastic skate guards or they will rust. Store your skates in soft terrycloth blade covers.



2) To keep your boots in good condition, they should never be left in closed skating bags when wet. After arriving home, remember to set your boots out to dry, or at least unzip your skating bag.

3) How often your skates need sharpening is determined by the number of hours on the ice, and how protective the skater has been with their blades. When the skater feels that their skates are slipping out from under them, it's time to get them sharpened.

4) If your boots are a little too tight they can be stretched up to one full size in either length or width at a boot or shoe repair shop. Also, removing the insole can provide a bit more room.

5) Good quality skates are expensive, but will last a long time and hold a good resale value if taken care of properly!

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