

## **ROGERS RECREATION LEARN TO SKATE INFORMATION**

Thank you for registering for our upcoming Learn to Skate (LTS) session with Rogers Recreation.

### **Important information for the first day of class:**

- Arrive to rink a minimum of 20 minutes early to pick up name badge, rent skates & helmets, and complete your liability waiver (if not done so online when registering).
- If you need skates sharpened, arrive earlier; sharpening usually takes 3-5 minutes (note: Building coordinator/Zamboni driver sharpens skates and is unable to sharpen skates 15 minutes prior to start of the first class due to resurfacing duties).
- If skates are really rusty or are new in a box, have skates sharpened ahead of time as these take longer to get sharpened; skates can be dropped off at the RAC/ice arena anytime during the week for sharpening.
- Do NOT walk with skates on cement floors, only walk where rubber flooring is provided while wearing skates.
- Have child go to the bathroom before start of class; if they have to go during class, there is a restroom located under the bleachers with rubber matting on the floor.
- Snowplow Sam 1 & 2 classes should get ready in the SE corner of the rink – go through the doors from lobby to ice, turn right, go down the ramp or stairs.
- Snowplow Sam 3 & 4 classes should get ready in Locker Room 1 and enter onto the ice from the blue line hallway between locker rooms 1 & 2. Go through doors from lobby to ice, turn left and go under the bleachers to the far end, use last locker room on your right.
- Basic 1 - 4+ classes should get ready in the NW corner of the rink – go through lobby doors, turn left and go under the bleachers to the far end corner. Line up under the scoreboard clock. (Note: Locker Room 1 may also be used).
- Hockey classes should get ready in Locker Room 4 and enter onto ice at blue line hallway between locker rooms 3 & 4. Go through lobby doors to ice, turn left, go under the bleachers, first locker room on your right is locker room 4.
- Once classes start, we ask that parents to observe from the bleacher—this is less distracting for your child.
- Children will be assessed the first day to assure proper class placement.
- If you did not complete the liability waiver while registering, waivers will also be available at the rink.

### **How to fit skates: [NO double blade skates allowed]**

1. Skate size is NOT always the same as shoe size.
  - a. Youth sizes generally run true to size – usually pre-molded plastic with liners.
  - b. Figure skates usually run true to size.
  - c. Hockey skates usually run 1-2 sizes larger than shoe size depending on brand of skate.
2. Feet should NOT move around in boots, especially in the heel.
3. Heel should be as far back in boot as possible and feel snug, toes should not be pinched.
  - a. If pinching, have child stand up and push foot forward toward toe box, you should have up to 1–1 ½ finger space from heel to back of boot.
4. Boots must offer support around the ankles.
5. Closer the fit the more control the skater will have.
6. Wear thin socks; heavy socks will take up space and force you into a larger size than needed.

### **Lacing Tips:**

- Tap heel back into boot as far as possible.
- Pull tongue completely up (giving it a gentle pull).
- Secure tongue straight up and down and tuck it beside your foot.
- Start lacing with the 2<sup>nd</sup> or 3<sup>rd</sup> set from the bottom, begin to pull laces tightly one pair at a time, so the boot closes well over the front of the foot.
- Laces should be snug through the ankle area and the bottom two set of hooks (figure skates).
- The top holes (hooks) can be slightly looser to allow some flexibility.
- There should be enough room with ankles flexed, to stick a finger down between the back of the boot and your leg.
- If the skate hurts your foot or does not feel right, spend time re-lacing and adjusting or check skate size.

**All questions about the Learn to Skate Program should be directed to Heather Palumbo at [hpalumbo@rogersmn.gov](mailto:hpalumbo@rogersmn.gov) or 763.428.1033 ext. 408**