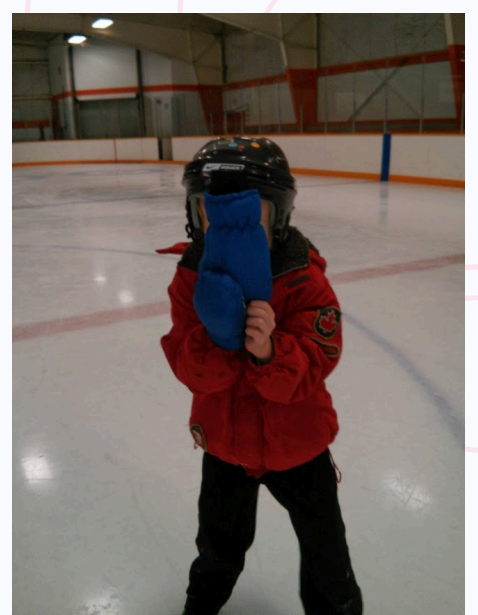


Skating lessons

check list

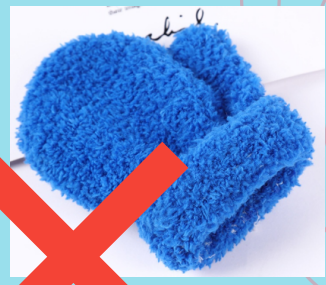


Dress warm

Can be cold on the ice dressing in layers that you can move around in are great to wear. Snowpants might keep you warm are discourage as it hard to get up when fallen down.

Mitts

Mitts are a must. They both keep your child hands warm and help protect them from being cut by skate blades. Avoid Fuzzy fleece mittens as they stick to the ice.



Skates

Practice progressive muscle relaxation techniques by tensing and then releasing each muscle group in your body, promoting physical relaxation.



Look for this sticker



StarSkate

Figure skates are mandatory. Looking for ones with good ankle support. They should be firm. If they collapse or crease by the ankle they lack support. Sharpening skates regularly from places that know how to sharpen figure skates is important. Ask your coach for places they recommend.

