



The SC of Boston Skating Academy

1240 Soldiers Field Road, Boston, MA | www.skatingacademy.org | 617-78-SKATE



Parent Welcome: Skating 101

Thank you for choosing The Skating Academy! Our curriculum was created by U.S. Figure Skating (the national governing body for figure skating) and is the official learn-to-skate program endorsed by The U.S. Olympic Committee.

Objectives:

- Provide a fun and safe skating experience for the beginner as well as the more advanced skater
- Teach correct technique of the basic elements of skating
- Develop coordination and balance
- Promote physical fitness
- HAVE FUN!

Benefits:

- Experienced staff, certified by U.S. Figure Skating
- Challenging and rewarding skating curriculum
- *Bridge* to U.S. Figure Skating testing and competition structure
- Secure online registration
- Gateway to *The Skating Club of Boston*, with over 100 years of experience
- Opportunities for growth and development:
 - **Basic Skills Competitions**
 - Boston: February 8, 2014
 - Foxboro: June 7, 2014
 - Marlborough: March 15, 2014
 - **Ice Chips:** America's longest running amateur ice show – April 5-6, 2014 at BU's Agganis Arena
 - **The Skating Academy Summer Camp at Babson College** – TBA
 - **Join Teams:** Synchronized Skating or Theatre On Ice

Maximize Your Enjoyment:

- Be on time! Tardy skaters disrupt the class and take longer to get settled in
- Wear skates that fit and are laced properly
- Dress in comfortable layers-avoid restrictive clothing such as jeans
- Wear mittens or gloves – not only for warmth but to safely protect little fingers from sharp skate blades
- Helmets are strongly recommended for beginners of all ages: we do not provide helmets
- Skaters who skate twice per week really *take off!*

Practice Makes Perfect!

For every group lesson taken, skaters should practice at least one hour to work on what he or she was taught.

- Attend public skating sessions
- Consider signing up for more than one class per week. The rate of improvement increases rapidly when skaters practice regularly



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Bridge Classes: Offer skaters (Basic 4 level and above) opportunity for accelerated learning

- Smaller class size
- Exposure to off-ice training (Boston/Foxboro campuses only)
- 50 minute lesson (Foxboro and Marlborough campuses only)

Supplementing with Private Lessons: Some skaters benefit from private lesson supplementation. If you are interested in private lessons approach the coach directly yourself. Coaches are independent contractors and are hired by you. Similar to the way you would hire a music teacher or babysitter. We recommend starting with a coach your student has worked with in their group lessons. The cost for one 25-minute private lesson begins at \$25 plus the cost of the ice. Ice costs range is \$9-\$22 per 50 minute session). For more information speak to your Skating Academy campus director.

Helmet Guidelines:

U.S. Figure Skating strongly recommends the use of helmets for beginner skaters of all ages. Most suitable helmets: Hockey, skateboard or ski helmet (Bicycle helmets are not recommended)

PLEASE NOTE: We do not supply helmets. Skaters are responsible for purchasing helmets.

Helmet Dos

- Wear helmet that protects the entire head (ski helmets and hockey helmets are best. We do not recommend bicycle helmets as they are designed for front of the head impact)
- Fasten buckle and check strap adjustment often
- Replace your helmet immediately if it shows any signs of damage

Helmet Don'ts

- Wear anything under your helmet
- Wear a helmet that does not fit or cannot be adjusted properly

Skating Academy Policies:

- Registration will close three days prior to the first class at all locations
- No same day registrations, all skaters must be pre-registered
- Applications will be accepted on a space-available basis
- No prorating
- Refunds will be issued for documented medical reasons only and make-up classes are not offered
- No discounts for multiple family members
- Please plan to arrive 30 minutes early
- Snow pants and mittens are recommended for beginner skaters
- Hockey and ski helmets are strongly recommended for beginners of all ages and levels
- No standing at rink side

Please take note of black-out dates for the session you have signed up for.

Due to hockey tournaments and other occasional conflicts, we must reserve the right to cancel classes or change times without little advance notice.

In the event of such an occurrence, we will send out a Constant Contact email, leave a voicemail message on our phone, and place a red ribbon alert on the top of the Skating Academy homepage.

For additional information and resources, please see the following websites:

The Skating Academy: www.skatingacademy.org

U.S. Figure Skating: www.usfigureskating.org