

## **Learn to Skate program - Parent Newsletter**

### **Welcome!**

Thank you for choosing Pearkes Recreation Center for skating lessons. We look forward to having you in our program and wish you enjoyment and success in the class. Should you have any questions or suggestions about our skating lessons, please email Geralyn Nonesa- Skating Programmer at [Geralyn.Nonesa@saanich.ca](mailto:Geralyn.Nonesa@saanich.ca)

In the event of an emergency at our facility, please follow the directions of our staff members.

It is mandatory that all skaters **wear helmets and gloves** during skate lessons. The best /safest helmet for skating is a hockey helmet with a face cage.

If your child does not have their own skates, you can rent skates through our facility for \$1.00 per lesson. We offer 10x punch cards for you to purchase at the reception, this will save time from purchasing your rental weekly at our busy reception. Please exchange your shoes for skates at our Skate Shop.

On the first day of each set of lessons, the skaters will meet their instructors by the class lists posted on the wall by the lobby. Each class after that they will meet their instructor at their designated gate to the ice.

We expect parents to attend all skate classes for the safety of their child. Parents need to be available to take their own children to the rest rooms.

To alleviate congestion at the gates to the ice we ask that the skaters come on and go off the doors that their instructors have relayed to them. Please meet your child at the off door after their skating lessons.

Instructor/Parent Interviews are held on the third to last class of every session. The instructors will leave the ice ten minutes early allowing for a brief update on your child's progress. The children will remain on the ice with supervision to enjoy fun and games.

Report Cards of your child's progress will be distributed at the last class.

Pearkes Rec Center is a very busy facility with special events etc., may we suggest you arrive early for the skating lessons as parking is a premium.

### ***Caring for the Skates***

We take pride in our rental skates. Please do your part to help us keep the skates in good condition. Please make sure the skaters only walk on the rubber matting and do not rub their blades on cement flooring. Please do not go up into the bleachers with the skates on. The sharpening will be damaged if this happens.

### ***About our Skates***

We have two types of rental skates available....Figure skates and hockey skates. Figure skates are recommended for beginners, as they have a longer/flatter blade and are easier to balance on.

### ***Fitting and Lacing our Skates***

Unlace the skates as much as possible and pull up on the tongue. Try to slide your foot inside the boot. You may need to pull on the boot initially to get your foot inside, as the boot should be a snug fit. Once inside, your toes should graze the tip of the boot and **there should be minimal movement of the foot inside the boot**. This will help prevent blisters.

Once the skates are on, laces should be pulled tight up to the ankle area. Laces should not be wrapped around the leg or be hanging down around the blade. If you need assistance, **please** ask any of our staff members for help.

We hope you have an enjoyable experience with Pearkes Rec Centre.

Thank you for your continued participation.

Geralyn Nonesa,  
Skating Programmer  
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