



WELCOME TO PARADICE SKATE SCHOOL CLASSES

Classes are designed for beginner to advanced skaters from the ages of 4 years up...you're never too old to start. Our most mature beginner started at the age of 65.

Objectives - Provide a safe and enjoyable, learning environment to increase the following attributes;
Self Confidence - Social interaction - Technical skills.

Progressing through our classes can branch into 3 different Ice Sports at either a recreational or competitive level: - Ice Racing - Ice Hockey - Figure Skating (Single/Pairs/Dance/Synchronized Skating).

Course Outline – Coaching and testing will be carried out under the National Skate School Programme called "Kiwi Skate", with a total of 12 levels starting from Beginner through to figure skating levels. Class time is 60 minutes and begins with a group warm up. This is necessary to increase blood flow to muscles to prevent injuries. Then skaters break off into their group lesson, skaters are placed into groups appropriate to their level of skating. The last portion of the class is dedicated to fun skill games and activities. Once skaters have fully passed a new badge level they can receive an embroidered Kiwi Skate badge by presenting their certificate at the office. The first 4 levels are available on all class days, from the 5th level (Novice 2+) skaters will need to come to an Advanced Skate School Class Day. Maximum number of skaters to each coach is 15.

Practice Session - We recommend these sessions to master skills learned during class time. Held during each school term; At Avondale every Tuesday, 5pm-6.30pm; and at Botany Downs every Tuesday 5pm-6.30pm and Thursday from 4pm-5.30pm. Discounted cost to skaters currently enrolled in skate School, \$8.50 for all ages including skate hire. Your friends and family can skate with you on this session, as it is open to the public at the normal admission and skate hire rate.

Missed lesson - If a skater misses a lesson due to sickness or injury, they can make a lesson up on another class day during the current term. All lessons need to be made up before the end of term as classes are non-refundable and non-transferable between terms.

Skating Equipment & Recommended Clothing - It is ideal to bring along gloves or mittens, long pants, thick socks and sweatshirt/jumper. Some like to also wear a light jacket, most suitable clothing is active wear that can stretch with body movement.

Skates - Skate hire is included in course fees. Sizes range from Toddlers (baby size 7) up to men's size 14. When skaters have their own skates they usually find it easier to progress, and coaches can see a marked improvement.

Skate fitting

- 1) Skater should be able to wiggle toes, yet there should be no slipping of the foot within the Skate.
- 2) Skates should be laced snug and comfortable right to the top of boot.
- 3) The skate should be tied fairly firmly from the toes to the hooks, and from the hooks to the top laces should not be pulled so tight that circulation is being effected. There should be enough flexibility in the boot to feel comfortable when knees are bent.

Centre Ice[®] - We have a Centre ice Pro-Shop at both Paradise Arena's with knowledgeable and experienced staff to fit you out in skates and accessories appropriate to your skating level.

www.paradice.co.nz – Paradise web site has comprehensive information on all the latest ice-skating events and activities on offer at Paradise with web links to the Ice-Sports clubs.

We are happy to have you aboard our Ice-Skating School. Classes are also available during the School holidays. Please feel free to approach office staff or Management to answer any queries.

Good Luck to you all and Happy Skating!

Paradice Ice Skating
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