



SCHOOL HOLIDAY PROGRAMME

WELCOME TO PARADICE SKATE SCHOOL CLASSES

Holiday Programme Classes are for beginner to advanced skaters from the age of 6 years and over.

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 – Loads of fun based skill games and activities are planned to make your Holiday skating Fun! With 1 hour of instruction plus 2 hours supervised public session skate each day skaters can really improve their skating skills and make lots of new friends. Each morning the skaters will have a group warm up then break off into their group lesson, skaters are placed into groups appropriate to their level of skating. Maximum number of skaters to each coach is 15.

Coaching is based on the National Skate School Programme called “Kiwi Skate”.

Coaches will choreograph a group performance, sequence of skills learnt during the week.

Family & Friends are welcome to watch your kids in the Ice Show on Friday 9.30am-10am,
Bring your camera!

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

Skates - Skate hire is included in course fees. Sizes range from Toddlers (baby size 8) up to men's size 14. It is possible to upgrade to the Platinum hire skates for an additional fee.

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.

Term Classes

Skaters can continue to enjoy learning with Paradise Skate School or Ice Hockey School during the school term. Classes are available after school or on weekends, please pick up a brochure for full information or see office staff. *The Ice Sports welcome new Figure Skaters and Ice Hockey Players!*

Centre Ice® Skate Shop located at both Paradise Arena's with knowledgeable and experienced staff to get the best advice to fit you out in skates & accessories appropriate to your skating level.

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

Good Luck to you all and Happy Skating!