



## **Paradice Ice Skating Holiday Programme Information**

Welcome to all new and returning skaters. We are looking forward to having a great week!

### **What can we expect?**

Skating lessons are a fun and exciting challenge for all ages. Our Kiwi Skate certified coaches are fun and enthusiastic individuals who are committed to provide quality programs to our skaters. There will be a range of skaters on the ice, beginner to advanced. Please remember ice is slippery and hard, so it may take time for skaters to become comfortable on the ice. Our coaches are well-trained in alleviating skaters fears. Be patient and your skaters will soon be comfortable gliding across the ice.

### **Where do we go on the first day?**

On arrival, check in with reception to collect your name tag and head down to skate hire to gear up and receive instruction from a coach. Wait until the coaches open the gates for skaters to get on the ice. Please arrive a minimum of 20 minutes early to gear up. Parents are asked to refrain from watching from the barriers and instead take a seat in the grandstand or in our warm café so skaters can focus on their lessons.

### **What happens during the session?**

There will be a safety briefing off the ice for new skaters during the first session of the week. Skaters begin in a group warmup to increase blood flow to muscles and prevent injuries. Skaters will be assigned to a coach and will have a skill-based lesson before participating in skill games and activities. During the Friday class, skaters will participate in a performance. Parents are welcome to join us to watch.

### **How are the skaters divided into groups?**

Skaters are placed into groups based on skating ability and age. During lessons, skaters are split into groups, with as many as seven different groups during one session. It may take time for all skaters to be assessed and placed into the correct groups. Please be patient. We will continuously check to ensure skaters are in the right level.

## What should skaters wear?

Wear clothing that is comfortable and warm and allows the skater to move freely. It is ideal to wear gloves or mittens, long pants, thick socks and a jumper/sweater. All skaters in beginner level are required to wear a helmet. We recommend bringing your own, but if needed, helmets can be borrowed free of charge.

## Skate fitting.

Rental skates are included in the Lesson fees. Premium skates can be hired for an extra \$3 per session. Premium skates provide more comfort and support.

When skaters have their own skates, they usually find it easier to progress, and coaches see a marked improvement.

Skaters should be able to wiggle toes, but feet should not slide in the skate. Skates should be laced snug and comfortable right to the top. There should be enough flexibility in the boot to feel comfortable when the knees are bent.

Looking for skating equipment?

For hockey gear: [CENTREICE.CO.NZ](http://CENTREICE.CO.NZ)

For figure skating gear: [SKATERSEdge.CO.NZ](http://SKATERSEdge.CO.NZ)

## Useful Links.

Class Calendar: [SKATE SCHOOL HOLIDAY PROGRAMME](#)

Term Schedule: [SKATE SCHOOL TERM SCHEDULE](#)

Skate School Facebook: [SKATE SCHOOL FACEBOOK GROUP](#)

## More questions?

If you have any more questions, please email or call our office administrator.

Avondale: [AVONDALE@PARADICE.CO.NZ](mailto:AVONDALE@PARADICE.CO.NZ) or call 09 828 3800

Botany: [BOTANY@PARADICE.CO.NZ](mailto:BOTANY@PARADICE.CO.NZ) or call 09 273 2999

Classes are non-refundable and non-transferable.