



# Paradice Ice Skating Skating Academy Information

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

## 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 minimum 20 mins early to gear up. Parents are asked to refrain from watching from the barriers and instead take a seat in the grandstand so skaters can focus on their lessons.

## What happens during the session?

There will be a safety briefing off ice for new skaters during the first session of the term. 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. A few weeks of the term will be spent in rotations, in which skaters will rotate between coaches to work on various skills. Some weeks will include testing so the skater's development can be assessed.

## 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.

Levels are run according to the National Kiwi Skate program and may be combined depending on the number of skaters enrolled.

## 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 and/or 6 years and under 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 \$4 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: [SKATERSEEDGE.CO.NZ](http://SKATERSEEDGE.CO.NZ)

## Other Information.

Lessons are non-transferable between terms and non-refundable. 2<sup>nd</sup> class in the same term is 50% off.

Missed lessons: If a skater misses a lesson, they can make a lesson up on another class day in the same term. Credits do not carry over between terms.

Practice Sessions: Held during school term at Botany and Avondale on Tuesdays from 5-6:30pm and Thursdays at Botany from 3:45-5:30pm. Discounted cost to skate school skaters is \$10 per session.

## Useful Links.

Class Calendar: [SKATING ACADEMY CLASS TABLE](#)

Skate School Facebook: [SKATING ACADEMY FACEBOOK GROUP](#)

## More questions?

Queries or feedback: During class time, please go directly to the office. If needing to discuss with the head coach, this can be done before or after the lesson time. Please wait until coaches are off the ice to approach them.

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