

NORTH STAR LEARN TO SKATE

PLEASE READ CAREFULLY

REGISTRATION DESK OPENS 30 MINUTES PRIOR TO CLASS START TIME AND CLOSSES 10 MINUTES PRIOR TO CLASS START TIME. Class colors is listed on check in sheet and posted on glass in rink. Make sure you double check the class color the first couple of weeks because students may be switched into a different class if it is a better fit.

RENTING SKATES: Please purchase a ticket in our office for \$5.00 CASH ONLY and bring to rental skate window (sizes are same as shoe size, no half sizes). DOUBLE RUNNER SKATES ARE NOT ALLOWED.

Rental skates are highly recommended for the first 3 lessons if planning on using hockey skates. These skates are designed for ease of learning which will make the transition much easier.

HELMET, HAT, MITTENS and warm comfortable clothing are suggested.

FACE MASKS ARE REQUIRED for all skaters. Our instructors are fully vaccinated, but we would still like to protect the children. You will be notified if this changes.

WEEKS 1 AND 2 we ask that you remain in the locker room until the skaters are called for class. Beginning week 3, once you check in and get your skater ready they can walk over to their class color and wait for their instructor.

ONLY SKATERS ENROLLED IN LESSONS ARE ALLOWED BEYOND THE STANCHIONS OR NEAR THE GLASS DURING LESSON AND PRACTICE TIME.

DUE TO THE SAFETY OF ALL SKATERS, WE STRICTLY ENFORCE THAT ALL SPECTATORS SIT IN THE BLEACHERS LOCATED UPSTAIRS OVERLOOKING THE RINK.

If your skater needs to use the restroom or needs you for any reason, the instructor and skater will waive to you and signal for you to come down rink side.

We are here to assist you, however during class time we may be unavailable as we are working with the skaters.

If you have any questions and are unable to speak with us before or after class, please email us at Learntoskate@northstaricesports.com. We typically respond within 24 hours.

NORTHSTAR ICE SPORTS

GUIDE TO FITTING SKATES

Skates that do not fit do more than give you blisters. If they are too big, they can make you trip and you instinctively try to keep your feet from moving around, by curling your toes. It's like trying to hang onto a tree limb with your fingers. You grab hold of the bottom of the boot with your toes, and it creates a tremendous amount of tension through all the muscles in your feet—it is going to wear you out.

Fitting Basics: Here are a few basics to help you find the right size skates, whether you are renting or buying.

1. Your feet should not move around inside the boots, especially your heel. Your heel should be as far back into the boot as possible and should feel snug.
2. The skates should be firm. Skates that lack adequate support cannot hold you up; you wind up using a lot of muscle power just to stay upright.
3. To determine if a pair of skates offers good support, pick up one of the skates and hold it by the top of the boot. Turn it sideways in the air, so the boot and blade are horizontal. The boot should be strong enough to support the blade. If the bottom flops down to a 90-degree angle, the boots are too weak to support you. Try another pair.

Renting Skates: While rental skates are not always the best, they can be decent if you know what to look for. Here are some tips:

1. Our skate sizes are the same as shoe sizes (but other rental skates may not be). They may fit one to one and a half sizes smaller than dress shoes.
2. Keep trying until you find a pair that fits. The boots should feel snug, but your toes should not be crushed. The closer the fit, the more control you will have. Wear thin socks or tights, heavy socks take up space and force you into a larger size skate than you need.
3. Once you have finally found the right size, make note of it.

Lacing Up: How skates look when they are laced up offer a clue to how well they fit. When properly laced, there should be an inch to an inch and a half space between the sides holding the laces. If the boot wrinkles up around the first and second lace, it is too wide.

To lace up:

1. Tap your heel back into the boot as far as possible. Make sure your foot and the boot stay in an upright position as you tighten the laces. If you roll your foot sideways while lacing, that is how it will be set for skating. The tightest spot should be the ankle.
2. When you get to the top two hooks, lean forward slightly to allow extra space at the top- just enough for two fingers side by side in the back.

Buying New Skates: We recommend discussing where to buy them with a member of our staff. Our Pro Shop sells excellent skates for learning.

1. Wear thin socks or tights for the best fit.
2. After your feet are measured, you should be asked about what kind of skating you do, how often you skate, and other questions that provide insight about what kind of skates you will need.

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