

Skate Academy

Welcome to the Park District of Oak Park Skate Academy! This program is a member of the United States Figure Skating Basic Skills program which follows a specific progression of skill levels designed to teach correct technique and enhance skating quality. This program promotes health and physical fitness through a safe and fun skating experience.

Three Easy Steps to Successful Skate Lessons:

- This packet provides details on the program, class and participant expectations. Reviewing it carefully will help prepare skaters and parents/guardians.
- Arriving 15 minutes early for class helps skaters prepare for class, get skates on, and go to the bathroom. This time helps skaters prepare to focus and minimizes distractions at the start of class.
- Prior to class, talk with your child about skating lessons. Help them understand lessons are a time to learn on the ice. Keep your expectations realistic and make sure your child doesn't feel pressure to pass. Skaters often need more than one set of lessons to gain the skill, endurance and coordination to advance.

The First Day:

Please double check your receipt to find the time, day and level of your class to alleviate confusion on the first day. Staff will be available to help direct you to your class location. **Snowplow Sam 1-3 & Basic 1:** Class will meet off the ice to go over basic expectations. Parents will be allowed to participate until the children are escorted to the ice.

Practice Skate Times:

Available only while classes are in session

The times below are available to students of the Skate Academy at no additional charge to practice their skating. This time is for skaters only; parents/guardians are not allowed on the ice with skaters. Rental skates are available for \$3. Correct levels participating are enforced. This schedule is not kept during weeks where classes are not held.

Day	Time	Levels
Tuesday	3:45-4:15 PM	All Levels
	4:45-4:55, 5:25-5:35, 6:05-6:15 PM	Snowplow Sam 1-3 (1/4 ice)
Thursday	10:30-11:15 AM	Snowplow Sam 2-3, Adults (half ice)
	1:45-2:45 PM	Snowplow Sam 2-3 (half ice)
	3:00-3:45 PM	All Levels
	5:20-5:45 PM	All Levels
Saturday	11:00-11:25 AM	All Levels
	12:35-12:45 PM	All Levels

Skates Required & Fitting Your Skates:

Please follow all skate fitting steps carefully, skates not fitted or tied correctly will be fixed by instructors and takes time away from instruction.

- Figure Skates are preferred for all levels and required levels above Basic 1.
- Double runner skaters are not allowed.

Skate Size: Youth should get skates the same size as their shoes. Adults should go one size smaller than their shoe size. Skates are not available for rent in half sizes; half sizes should go up to the next size.

Skate Fit: Skates should fit snugly and your foot should not be able to move around. Wear only one pair of thin socks and do not tuck pant legs into the skate.

Steps to Wearing & Tying Skates:

1. Loosen the laces completely and pull out the tongue
2. Step into the skate and push your heel down
3. Pull the laces tight, especially around the ankle.
4. There should not be space between the skate and ankle.
5. Cross laces around the hooks and tie with one knot and one bow.

Rent or Buy? Rental skates are sufficient for beginner skaters and are available for \$3 or by pre-paid card (\$20 for 10 rentals). Skaters typically purchase their own sturdier skates by the Basic 8 level. For more information on where you can purchase quality skates, please see your instructor.

Attire:

Mittens/gloves are required for every class. Skaters should dress in warm, comfortable clothing. Light layers are preferred. Helmets are used at a parent's discretion.

Heavy winter layers such as coats and snow pants are not recommended as they impede movement & balance.

Skater Code of Conduct:

To provide the best experience for all and to keep the ice arena safe, we have adopted the following Code of Conduct for participants.

- Go to the bathroom and get skates on prior to class starting.
- Listen to the instructor and follow their directions at all times.
- Skate in a manner that does not endanger or interfere with others.
- No biting, kicking, spitting, hitting or foul language.
- Respect all others on the ice and the facility. Inappropriate behavior will not be tolerated.

Failure to follow this code of conduct will result in disciplinary action up to and including removal from the program.

Extras!

Throughout the season, additional opportunities to practice and work on skills will be offered during the days schools are out or we are in between sessions. For the most up-to-date schedule of extra offerings, please visit:

www.pdop.org/programs/iceskating

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Registration, Waitlists, and Level Transfers:

Level Registration: The Basic Skills program uses different class titles than our previous program. When looking at the descriptions, both titles are shown. Match your new class registration to your current/most recent level.

On a Waitlist? Staff does everything we can to enroll as many people into our program as possible while maintaining quality instruction and safety. If you are enrolled into a class from a waitlist you will be contacted by phone or by e-mail. Enrollments will be made up until 24 hours prior to start of the second class. Refunds for waitlists will be processed after the 2nd class.

Incorrect Level? The Skate Academy reserves the right to move participants enrolled in the wrong level based on skill through the first class. Enrollment into the correct level will only be made if an opening is available. If an opening is unavailable the registration will be cancelled and a refund will be issued (minus a \$3 processing fee).

Advancing Levels: Our program follows a strict progression of skill work. Participants will not be allowed to advance to the next level without program approval.

Changing Registration: If you need to change registration to match the level on your paperwork, please contact Customer Service prior to the session starting.

Evaluations/Certificates:

Participants will receive a short evaluation in the middle of the session to show what skills they need to continue working on. At the end of the session, instructors will evaluate skill work and provide a certificate. The certificate will show skill work and the level each skater should be in for the next session. Registration for the next session must match the level provided on this certificate.

Cancellations and Refunds:

The Park District reserves the right to consolidate, postpone or cancel programs with insufficient enrollment one week before the class starts. A full refund will be issued in these situations.

Requests for a refund must be made 24 hours prior to the start of the 2nd class. No refunds will be given after this time. All requested refunds or cancellations will incur a \$3 processing fee.

Comments and Concerns:

Instructors will do their best to be available to you five minutes before and after class to discuss any feedback or concerns you have. Please be aware that often instructors are busy with students and preparing for class and may not be available.

If you are having trouble contacting an instructor, please speak with the Figure Skating Coordinator.

Emergencies at the Rink:

All of our staff are trained on how to handle emergency procedures and at least one person certified in CPR/AED and First Aid is on hand at all times. If an emergency at the rink occurs, list for instruction from the building supervisor or program coordinator. If skaters are evacuated from the ice, parents/guardians are welcome to join with their skaters. However, all participants must stay with their instructors until directly told otherwise by a supervisor. This allows us to ensure the safety and accurate count of all participants.

Observation:

For the safety of participants and viewers the players box is only open to skaters and staff. Parents/Guardians are encouraged to watch from the bleachers or lobby of the rink.

Absent from Class:

Due to full enrollment and limited space, we are unable to offer make-up sessions. We do not allow another child to take the place of an enrolled participant when they are absent. We encourage skaters to work on skills during the practice skates and public skate sessions.

Inclusion with WSSRA:

The Park District works with WSSRA to integrate participants with disabilities into recreational programs. Inclusion aids may be present to work one-on-one when necessary. If you think your child would benefit from additional assistance, be sure to communicate the information to the Park District. There is a 2 week minimum notice required by WSSRA for proper staffing and training purposes.

Questions:

For questions regarding the Skate Academy, please contact:

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