

Everything skaters learn on the ice soon becomes invaluable off of it.

The Lifelong Rewards of Ice Skating.

For every child who chooses to pursue ice skating, good news. He or she will excel in ways where they will carry them far into life.

- Appreciate active healthy lifestyle
- Develop physical skills: endurance, stronger muscles, better coordination and flexibility
- Develop self-esteem, self-confidence, self-discipline, and self-reliance by mastering and performing skating skills
- Learn how to manage stress, perform under pressure and test emotional and physical balance
- Develop positive, supportive and sustained relationships with other adults
- Contribute to others through their volunteer involvements
- Develop social skills with other children and adults
- Learn about managing success and disappointment
- Learn respect for others

What is Learn to Skate USA?

Our comprehensive, ongoing method teaches everything from the basic fundamentals to advanced skating skills with every class emphasizing mastering the individual elements.

Learn to Skate USA skaters can attend classes anywhere coast to coast, learning the same elements with similar requirements. It's the successful system where many of our World and Olympic Team members had their first starts.

To make this program successful for your child, we ask parents and visitors with young skaters to follow a few rules.

- Please watch from the bleachers for your safety and the safety of the skaters. Any pictures or videos you wish to take should be done here versus rink-side.
- Skaters need to stay focused with their instructors, so it's important to be on time to avoid creating distractions. Have your child's skates tied and fastened a good 15 minutes before class begins. Then bring your child to the representative at the door and we'll take care of the rest.

It is our goal to have your child graduate from the program, fall in love with the wonders of skating, and continue on with this sport for their entire lifetime. So thank you for enrolling in Learn to Skate USA.

Now let's find the program right for your child.

The Learn to Skate USA Curriculums

Look at the many different ways to enjoy the majesty of skating. Find the one that appeals most to your young skater—or give one a try that becomes a lifelong love.

Snowplow Sam

Designed for kids six and younger, Snowplow Sam classes give them confidence early on in a safe, positive environment where fun comes first.

Imagine seeing your little one out on the ice learning the ABCs of skating: Agility, Balance, Coordination and Speed.

Learn to Skate USA 1-6 Program

These classes put the fun in fundamentals as your skaters enjoy learning forward skating, backward skating, stops, edges, crossovers and turns. Their confidence grows as this curriculum sets the stage for exploring activities such as figure skating, hockey and speedskating.

Hockey

TBD (information required)

Free Skate

Transitions, spins and jumps. More progressive skating skills like these gives more determined skaters like yours challenges they crave. This positive, interactive group pushes one another to conquer these skills.

Ice Dance

This is the program that's as beautiful to see as it is to hear. Your skater learns the main components of the magic of ice dancing and reviews edges and turns while skating to music within this exhilarating, heart-pounding test structure.

Find out about the full curriculums at learntoskateusa.com

Your child's first day of skating

We're going to let you in on a little secret. The first time your child skates—he or she will fall. All skaters fall. Olympic medalists have fallen hundreds—even thousands—of times. The best part, your child will get right back up.

Anything's possible when your child skates for the first time. So prepare yourself and your child for the expected and unexpected. You'll know how to plan ahead. You'll relax more. And you'll have more fun knowing you're comfortable and safe.

Be on time.

Arrive a good 20 minutes before class kicks off to check in at the registration desk and lace up your skates.

Bring lots of layers.

Comfort and moving freely about are essential for new skaters. Choose sweatpants or warm-up pants instead of bulkier snow pants. Bring a jacket too, since indoor rinks do set thermostats at a brisk 50°F.

Socks. Thin over thick.

Bulkier, thicker socks limit support and create unwanted bumps inside your boots. Go with lightweight socks or thinner tights.

Keep their hands warm.

Since kids are taught to fall on day one, gloves or mittens are imperative to prevent hands from getting all scraped up. If you forgot to bring a pair, sift through lost and found box to find some your child can borrow during class.

Protect your head.

Wearing helmets for all beginning skaters is strongly recommended. Your neighborhood pro shop will give you advice to find certified helmets that provide a proper fit.

Do:

- Make sure the helmet fits comfortably and snug.
- Wear the helmet low in front to protect the forehead.
- Keep it level and immobile. Avoid tilting back or pulling low.
- Secure chinstrap buckle. Check the adjustment often for protection, in case of a fall or collision.
- Replace your helmet immediately, if signs or damage are visible.
- Clean the helmet with mild soap and water only.
- Store the helmet in a cool, dry place.
- Have the helmet wearer present during purchase to test and ensure a good fit.
- Find recommended helmets through these classifications: ASTM F1447; Snell B-90A, B-95, N-94.

Don't:

- Wear anything under your child's helmet.
- Attach anything to the helmet.
- Wear a helmet that does not fit or cannot be adjusted properly.
- Leave a helmet in direct sunlight or in a car on a sunny day.

Fitting skates

Rule of thumb: the closer the fit, the more control. Find comfortable skates that keep feet snug and immobile yet give toes plenty of wiggle room. Solid support is needed as staying upright takes a lot of strength.

Lacing skates

Tap the heel way back into the boot. Gently pull the tongue up and secure it straight up and down before tucking it beside the foot. Pull the second or third sets of laces from the bottom tightly to close the boot well over the front of the foot. Laces should be snug through the ankle area and bottom two sets of hooks.

The top two hooks meanwhile can be looser to keep the ankle flexible. Cross the two extra laces over hooks neatly. Avoid winding it around the skates as loose flying bows often cause accidents. Effectively laced boots should provide enough room to stick a finger between the back of the boot and your leg.

Rent skates first, buy later.

Find a good fit through a pro shop that knows the ins and outs of ice skating. If you're looking to save money with used skates, check the boot's support level and blade for 'sharpening life.'

Take care of your skates

Never walk on hard surfaces or concrete with uncovered blades. Wear hard guards to protect them. Dry blades with a towel to avoid rusting after every use.