

## Learn to Skate USA™ at DCSC

Welcome to the Delaware County Skating Club's Group Lessons at the Skatium, a USFS-certified Learn to Skate USA™ program.

The content provided here is informational only. Our intent is to provide our skaters and families with basic information about the Learn to Skate USA™ program and the Delaware County Skating Club.

Skate rental is located at the far end of the ice rink. Skaters should arrive in plenty of time to pick up skates and be on time for their scheduled class. Skaters should enter and exit the ice surface at the areas near the hockey boxes. Rental skates should be one to two sizes smaller than the skater's shoe size.

Skates should be worn with light socks or dance tights, not thick socks. Lace the skates all the way up to the last hook and tie them as tightly as possible, even though the skater may say they feel too tight. This will allow support of the ankle and prevent ankles from collapsing inward. Skates that are laced improperly can cause injury and inhibit skill development.

First-time skaters should wear their helmets and gloves. Long hair should be pulled back out of the skater's face.

If cones are up skaters should stay within the designated area. Skates should not be worn on concrete or stairs. Only walk with skates on protective rubber flooring throughout the rink.

Our Learn to Skate USA™ sessions are usually six weeks in length; each session includes half an hour of instruction followed by half an hour of practice time. During the half hour of practice time, skaters should practice what was taught during the lesson. Re-enrollment forms are provided two weeks before the end of the current session.

Parents must remain in the building with first-time skaters and ALL skaters age ten and younger. Parents who wish to speak with a coach should wait until the coach is finished with their lessons. You may also

speak with someone in the skating office. No coach should be interrupted during lesson time.

Skaters will progress through Learn to Skate USA™ Snowplow Sam 1 through Pre-Freestyle and then Freestyle 1 through Freestyle 6. In each level, United States Figure Skating (USFS) has developed elements that need to be mastered before moving to the next level. The instructors will challenge each skater within the group to attain the elements. The instructor will identify when the elements are mastered and move the skaters to the next level. The skills of each skater will be evaluated on the last day of each session; evaluation sheets will be provided to the skater.

As the skater progresses and shows an interest in figure skating, you may opt for private lessons. You may contact the Skating Director or your skater's group instructor, if interested. Additional ice fees and coaching fees do apply for private lessons. The average beginning private lesson is \$30 for half an hour paid directly to the professional.

A new skater, whether interested in hockey or figure skating, should start in figure skates. Figure skates offer more support than hockey skates and have a beginner-friendly blade that will help beginners to learn balance and skills more efficiently. Skates can be purchased through a DCSC skate sale or at the Pro Shop. Please ask your instructor or the personnel in the skating office if you have questions about purchasing skates.

Skaters have the option to join DCSC (Delaware County Skating Club) as full members as they progress and advance their skills. DCSC is an official USFS member club and provides participation and achievement in not only Learn to Skate USA™ but also in figure skating competitions, moves in the field, ice dance, pair skating, and a synchronized skating team. DCSC membership includes reduced rates for skating on DCSC and Skatium freestyle sessions, opportunity to represent DCSC at competitions, and participation in shows. Learn to Skate USA™ members are eligible for first-time membership rates and a first-time competition fee. This will allow the skater to experience the various opportunities that DCSC offers.