

Welcome to Greater Green Bay Figure Skating

Learn to Skate

LEARN TO
SKATE
USA

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How do you Learn to Skate?

Learning to skate is easy and fun. It requires a little determination, a lot of practice and no fear of falling. Before you know it, you'll be gliding around forward and even backward! Whether your goal is to learn to skate backwards, spin fast or even land an Axel, we've got the place for you to start! Remember, even champions had to begin with a few lessons-just like you!

First Time Skaters

The beginning level is based on the skater's age.

- Snowplow Sam 1 is the beginning level for age 5 and younger.
- Basic 1 is the beginning level for skaters 6 years and older.
- Adult 1 is the beginning level for skaters 18 years and older.

After you master the skills at Level 1, you will graduate to Level 2 and so on. Report cards are given & official badges will be given out for each level mastered. Each class includes 30 minutes of practice ice.

Hockey skills

Learn to skate before adding a hockey stick. No pads or stick required. Helmets encouraged. Endorsed by USA Hockey. It is recommended for skaters who have completed Learn to Skate Basic 1. Hockey classes are purchased on punch cards. 1 punch = 1 class. We offer this option only to Hockey because of the number of Learn to Skate members that also participate in Youth Hockey.

Equipment

Being a successful skater does not require fancy equipment, but it is important that you have properly-fitting skates; warm, comfortable clothes; a hat or safety helmet; and a pair of gloves or mittens.

Skates

It is essential that skates fit properly. Skates that are uncomfortable or too big will frustrate beginning skaters. It's important to take the time to find a pair that offers adequate support and fits comfortably. Always take a little walk in your skates before going on the ice to help make sure they fit properly.

Fitting - Your heel should be as far back inside the boot as possible and should not be able to slide up and down once the skates are properly laced. Your toes, however, should not feel pinched. Once the skates are laced, you should be able to wiggle them.

Find skates that offer adequate ankle support. If a skate boot lacks support, you will need to use a lot of strength just trying to stay upright.

Socks or tights are very important as well. Your feet will feel best if you wear one pair of lightweight socks or tights. Bulky or thick socks can limit the skater's support and create uncomfortable "bumps" inside your boots.

Rental skates are made to fit everyone-therefore, they fit no one precisely. Be aware that your skate size is not always the same as your shoe size.

Lacing - To get started with proper lacing, tap your heel back into the boot as far as possible. Pull the tongue completely up and try to secure it straight up and down before tucking it beside your foot. Lace from the bottom to the hooks. If extra lace remains, try to cross it over the hooks neatly. Do not wind the extra lace around the skates.

Taking care of your skates- Never walk on hard surfaces or concrete with uncovered blades-this will ruin them. If you own skates, purchase a pair of hard skate guards for walking off the ice to protect your blades. Always dry off your blades with a towel before storing them in your soakers. Wet blades may rust, and rusted blades will not glide well. Also keep your blades sharp. Sharp blades grab the ice better than dull ones, especially when stopping. It is recommended to have your skates sharpened every 20-40 hours of skating. Please see the registration table if you need your skates sharpened.

Safety Helmets

U.S. Figure Skating strongly recommends the use of helmets for beginner skaters of all ages. A helmet should be comfortable and snug. Be sure that it sits level on your head, not tilted back or pulled too low over your forehead. The chin strap should be securely buckled so that the helmet doesn't move in any direction.

Concussions and Safety

Unfortunately, concussions happen in many sports. We want you to be aware of the symptoms and be informed about concussions just in case you or your skater gets injured. GGBFSC's website has information for you at: www.greatergreenbayfsc.com/ConcussionParents.pdf. Forms must be signed before you can skate on our ice. More information about concussions and safety is on GGBFSC website under the forms tab.

Recognize class and session expectations

Parents can observe classes of all levels, skills and ages from the stands. Please avoid standing against the glass or near the players bench.

For beginners, marching across the ice is the first skill taught. Learning to fall and stand right back up will also take precedence. After session one, all beginning skaters should gain confidence and demonstrate the ability to skate reasonably well on their own, get up from falling, attempt to stop while moving slowly, and navigate a public session well.

Repeating a class is not unusual for skaters. All skills need to ladder up to another to move skaters up to the next level, so mastering skills first is necessary. Coaches will provide a progress report at the last class of each session. This should include accomplishments, opportunities to improve, and which class to register for next session.

Nametags

Nametags must be worn on the ice at all times. Once you are registered for a class, you will have a nametag at the registration table when you walk in. Just grab your tag, clip it on and you're set to go.

Walk on Passes

If you have a family member registered in a Learn to Skate class, you are welcome to purchase a Walk on Pass at the registration table for \$3. The pass allows you to skate with your family member for the 30 minutes that they have on the practice ice side of the rink.

Private Lessons

For those seeking more attention, you may hire a coach for a private lesson during your practice ice time. If you are interested, please talk to the Learn to Skate Director to schedule a private lesson. A booster lesson may be a good thing if assistance is needed to master a specific skill.

US Figure Skating Membership

Skaters need to pay a yearly fee of \$17.00 (plus \$1.25 processing fee) for a basic skills membership. This allows the skater to compete at Basic Skills competitions and includes sports insurance coverage. A skills booklet and other information will be directly mailed to you.

Other Opportunities for Learn to Skate Students

Spring Ice Show - The Spring Ice Show is usually held in May. The show is open to all levels of skating. The Spring Ice Show is the club's biggest event of the season.

Holiday Exhibition - This is a super Holiday Show. Your skater will be able to perform a number with fellow Learn to Skate and club members. This event is held in December.

Basic Skills Competition - Skaters can compete in individual skills or skate a program to music. All levels can compete. Coaching fees and competition registration fees are separate. For a list of basic skills competitions visit www.fscouncilwisconsin.weebly.com or www.usfsa.org.

What's Next...

KICKS Synchronized Skating - You can join the KICKS Synchro team once you have passed Basic 3 class. Our Synchro team has three levels: Beginner, Pre-Juvenile and Open Juvenile. Please see the registration table for more information.

Greater Green Bay Figure Skating Club Bridge program - See what being a full club member is all about! Skaters (Basic 6 and above) will skate on private club ice and get private lessons from various GGBFSC coaches. A 4 or 8-week program is available.

Hockey - De Pere Youth Hockey offers programs for youth skaters ages 4 - 18. This program aims to develop the skills, sportsmanship and leadership that allows players to reach their full potential. <http://depere.pucksystems2.com/>

Speed Skating - Speed skating is a great sport for skaters from 4 to 74, whether you are doing it simply for fun, for fitness, or to compete.
<http://www.cornerstoneicecenter.org/speedskating>

How to Register for Learn to Skate online

1. Go to <http://greatergreenbayfsc.com>
 2. Click on the Learn to Skate "Online Registration" link.
 3. Choose "Access my Account" Tab under Existing Members
 4. Enter your email address and password
 5. Under "Contract Ice", select "Browse & Purchase"
 6. Select Learn to Skate
 7. Select Member
 8. Choose your class
 9. Add it to your cart.
 10. Check out is on the top right-hand corner.
- Checks, credit cards & cash will now be accepted.

Communication

Facebook page for Learn to Skate:

Greater Green Bay Figure Skating Club Learn to Skate Program

Facebook page for the Club: Greater Green Bay Figure Skating Club

Facebook used Sales: Greater Green Bay Figure Skating Sales

Club Website: greatergreenbayfsc.com

Learn to Skate Email: ggbfsc.lts@gmail.com

Membership Director: Sarah Schoen - 920-819-9308

On Ice Director: Leah Johnson