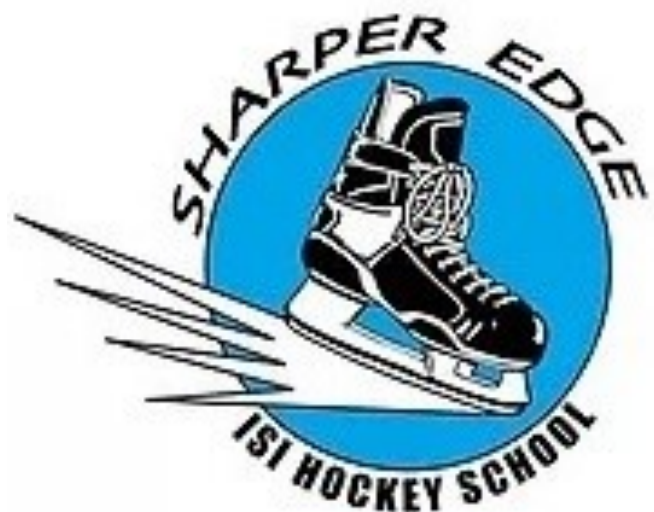


LEARN TO SKATE

FALL 2023 - SUMMER 2024



AT VALLEY SPORTS ARENA

RTE. 62, WEST CONCORD

(978) 369 - 0088

VISIT OUR WEBSITE AT:

WWW.SHARPEREDGESKATING.COM

INFO@SHARPEREDGESKATING.COM

DAWN DIMINICO
SKATING DIRECTOR/OWNER

COACHES

BRIDGETTE BERG
YULIA BORISSOVA
MARY-JEAN LAVIOLETTE
SYDNEY RICHARDSON
LILY SCHAEFER
BILLY WHYNOT

CHRISTINE BOGLE
KRISTIN CURRAN
JULIA MAGGIACOMO
SONIA RICHMOND
JILL SCOTT-ENERSON
ERIN WHYNOT

OLIVIA BOGLE
PAM HADLEY
MARISSA RICHARDSON
KIM SCHAEFER
MEREDITH TAYLOR

JR. COACHES

ELISE EDWARDSSEN
SONJA JANOWITZ
GABBY LAPAT
CARA RICHARDS
MEAGHAN RICHARDS
EMILY TONIS



**THANK YOU FOR ASKING
ABOUT OUR
“LEARN TO SKATE”
PROGRAM.**



CONTENTS

Philosophy	3
Enrollment, Registration Fee, Family Discounts, Returned Checks, Make-up Day, Bring a Friend,	4
How to Dress, Helmets, Class Contents and Cancellations	5
Skate Care	6
Ice rules	7

Welcome to Sharper Edge Skating School!

Our Learn to Skate Program is a first step into the sport of skating, whether it is Hockey or Figure Skating. For the skater who has mastered the skills of Learn to Skate, we also offer a Club or Hockey Program. When your child is ready, we will provide you with more information about these opportunities or information about girls' / boys' Hockey programs in the area.

We offer the following Learn to Skate Programs:

1. Penguin Program: This is our "Intro to Learn to Skate" program designed for Preschoolers. We offer this to ages 18 months thru Kindergarten. These programs are only offered in the morning during the week. If a child is unable to attend Penguin Program times, he/she is also eligible for the Learn to Skate program.
2. Learn to Skate: This is our general Learn to Skate Program designed for children and adults of all ages. These classes are offered daily except on Sundays. All ages are accepted into the Learn to Skate Program.
3. Hockey Program: This is our Learn to Skate Hockey Program. This program is offered to children who have demonstrated the skating skills required to advance into our Hockey Program. This program requires full hockey equipment. The Director and Hockey coach will determine your child's readiness for this program.

Please read this booklet with your child. It will answer most of your questions. Thank you for choosing Sharper Edge. We look forward to a fun and successful year with you!

PHILOSOPHY

Our goal is to teach our Learn to Skaters the fundamentals of skating in a non-competitive, fun atmosphere. We believe that everyone should strive to do his/her personal best and have fun skating. Skating is a demanding sport both mentally and physically. Learning how to skate can be very frustrating. This is a great opportunity to talk with your child about commitment and not giving up. The sense of accomplishment the skater feels when he/she is able to skate will show the skater that hard work does pay off!

LEARN TO SKATE POLICY

Enrollment

All classes are on a first come first serve basis. You will be enrolled in your first choice of class, unless you receive a phone call/email. **You will NOT receive confirmation unless you do not receive your first choice.** A completed application, release form and payment must be provided before a skater is allowed on Sharper Edge ice. Staff is hired according to the enrollment for each session.

Please Note: A \$10.00 late processing fee will be applied to all applications received after the due date.

Registration Fee

There is a one time nonrefundable Registration fee of \$30.00 per child not to exceed \$60.00 per family per skating year. (Sept 23' - Aug 24')

Family Discounts

For the second Family member: 10% off regular class price.

For the third Family member: 20% off regular class price.

For the fourth Family member: 30% off regular class price.

Family discounts only apply to the Learn to Skate Program.

Discounts are not applied to the registration fee.

There are NO Family Discounts for the Penguin Program.

There are NO Family Discounts for the SUMMER session of Learn to Skate.

Returned Checks

We will charge a \$25.00 fee for all returned checks.

Make-Up Day

One make-up class is allowed per session. This must be completed during the current session. **NO make-ups are allowed during the first TWO weeks of the session.** Please contact the office to arrange a make-up time. There are no walk on make-ups allowed. Penguin Program skaters will only be allowed to make up a class during other Penguin Program class times. There are **NO MAKEUPS** in the Summer session.

****Bring a Friend - TBA**

At the close of each session, the skaters will be allowed to invite a friend to come skate with them during class. Parents of the skaters are allowed to be "friends." Each friend must provide a signed release form. You will be notified when this will be offered. ****This does not apply to the Penguin Program.**

Certificates

Each skater will receive a certificate at the end of each session. This will inform you of the level which the skater has passed. Sharper Edge Skating School follows the guidelines of the ISI (Ice Sports Industry). To learn more about the ISI, you can check the website at www.skateisi.org. Our Learn to Skate program follows the rules and regulations of (Tot) Levels 1 thru 4.

How to Dress

It is easier to control your child's body temperature if you dress him/her in layers. Have the child wear loose comfortable clothing so that body movement will not be restricted. Snow pants are recommended to keep the skater from getting wet when he/she falls. Waterproof gloves or mittens are best so that hands stay warm and dry.

Helmets

For the safety of your child, HELMETS **MUST** be worn by children under the age of (7) seven. We recommend HELMETS for **ALL** Learn to Skaters including older children and adults. Bike helmets, ski helmets and hockey helmets (with or without the cage) are acceptable.

Class Contents

On the day of each skating class, please check in at the front desk.

We offer (1) one hour classes, 45 minute classes, 40 minute classes and 30 minute classes.

One hour classes = 45 minute lesson and 15 minute supervised free skate.

45 minute classes = 30 minute lesson and 15 minute supervised free skate.

40 minute classes = 30 minute lesson and a 10 minute supervised free skate.

30 minute classes = 20 minute lesson and 10 minute supervised free skate.

Fun and games are always incorporated into the lessons and stickers are given out to all the skaters at the end of each class. Free skate time is a great opportunity for the skater to practice their skills on their own, or with the other skaters on the ice. Free skate is always supervised by the coaches but no coaching is done at this time. Competition programs may be practiced with a coach during Free Skate if a skater is preparing for a competition. Please be considerate to the other skaters in the class and arrive on time. We respectfully request that parents send healthy skaters to class. **If your child has had a fever within the last 24 hours or exhibits obvious cold symptoms, please do not send your child to skating.**

Cancellations

If Sharper Edge should cancel classes due to poor weather conditions, this information will be posted on our Facebook page as soon as the decision has been made. It can also be found on our outgoing voicemail message at (978) 369 - 0088. Classes are only cancelled if the rink closes. Each session might have some days where classes are not scheduled. You can find that information on the application under "**NO ICE**". It would be a good idea to mark that information on your calendar. A google calendar can be found on our website with class dates and times listed.

SKATE CARE

FITTING AND TYING OF SKATES

- 1) ***** PLEASE REMEMBER, WE DO NOT RENT SKATES.**
HEAVY SOCKS ARE NOT RECOMMENDED, THIN SOCKS OR TIGHTS ARE BEST. THIS WILL ALLOW CIRCULATION OF AIR IN THE BOOT TO KEEP YOUR FEET WARM.
- 2) START WITH A SKATE THAT IS 1 - 1 1/2 SIZES SMALLER THAN YOUR DRESS SHOE.
- 3) LOOSEN THE LACES ALL THE WAY TO THE TOE.
- 4) MAKE SURE THE FOOT SLIPS IN EASILY.
- 5) BEFORE LACING, PULL UP THE BOOT TONGUE.
- 6) TIGHTEN LACES FROM THE BOTTOM UP, SNUG BUT NOT PINCHING. LACE OVER INSTEP SHOULD BE MOST SECURE TO FORCE THE HEEL BACK IN THE BOOT.
- 7) TIE LACES ONE TIME BEFORE FIRST HOOK.
- 8) LACING ABOVE THE ANKLE SHOULD BE FIRM BUT ALLOW ENOUGH CIRCULATION. AFTER TYING, WRAP EXTRA LACES AROUND THE HOOKS IF NECESSARY. THEN STICK LOOSE ENDS INTO THE TOP OF THE BOOT.
- 9) ALLOW ROOM FOR AT LEAST ONE FINGER INSERTED AT TOP OF BOOT.
- 10) TO TEST FIT, STAND UP. TOES SHOULD **NOT** TOUCH THE END OF THE BOOT. BEND AT KNEES TO TEST ANKLE SUPPORT. IF THE BOOT IS TOO BIG, THE ANKLE WILL WOBBLE . IF THE BOOT IS TOO SMALL, TOES WILL BE CRAMPED AND THE FEET WILL GET COLD FROM LACK OF CIRCULATION.
- 11) SKATES SHOULD BE SHARPENED REGULARLY.
- 12) MAKE SURE YOU DRY YOUR BLADES WELL AFTER EACH LESSON, SO THAT THEY DO NOT RUST.

SKATE SHOPS

Ice House (New and used)	781-237-6707
Maynard Outdoor Store	978-897-2133
Pure Hockey	978-838-9890
Zwickers (New and used)	781-275-0900
Cooke's Skate Shop (New and used)	978-657-7586
Sports ETC @ Arlington	781-646-1600
Brine's Sporting Goods	978-443-4689



ICE RULES

- 1) NO PERSON IS ALLOWED TO WALK ON THE ICE WITHOUT SKATES.
- 2) IF YOU PLAN ON LEAVING THE RINK AT ANY TIME YOU WILL HAVE TO FILL OUT A RELEASE TO TREAT FORM.
- 3) NO FOOD OR BEVERAGES ARE ALLOWED ON THE ICE , EXCEPT WATER IN PLASTIC BOTTLES.
- 4) KEEP LOCKER ROOMS CLEAN AND RESPECT OTHER PEOPLE’S BELONGINGS.
- 5) AFTER A FALL THE SKATER SHOULD GET UP RIGHT AWAY UNLESS INJURED.
- 6) PARENTS ARE ASKED TO WATCH THEIR CHILDREN FROM THE STANDS, REMAIN AWAY FROM THE DOOR TO THE ICE SURFACE.

IF YOU HAVE ANY QUESTIONS, COMMENTS OR CONCERNS, PLEASE CALL ME IN THE OFFICE ANYTIME. I AM SO EXCITED TO SEE SHARPER EDGE GROW AND FOR YOU TO BE A PART OF IT ALL.

Thank you,

DAWN DIMINICO & THE SESS STAFF

Welcome to our skating family!

Happy Skating!!!

World Champs 2014, 2018, 2nd place 2023

District Champs 2016

Theatre On Ice National Competitors 2017



SHARPER EDGE SKATING SCHOOL

100 POWDERMILL RD - PMB 233 (MAILING ADDRESS ONLY)

ACTON, MA 01720

(978) 369 - 0088