



Contact Information:

Kindly reach out to Lisa Sidorov for additional information and/or questions!

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Come Learn to Skate at The Westfield Rink at Gumbert Park!

Group Lessons on Saturdays from 2:30pm-3:00pm

Cost: \$119.00 per 6 Lesson Pass + \$20.00 Learn To Skate USA registration (good thru 8/31)

Lesson Sign-up: Skaters sign-up for all 6 Lessons upon registration based on availability.

- **Session 1:** November 17th - December 29th

- **Session 2:** January 5th - February 19th

Missed Lessons: Skaters can make up missed classes during the 7th week of their session, or February 16th or 23rd.

Includes: 6 - 30 minute lessons, rental skates & skating during the public session that follows the lesson from 3:00-4:30pm

What should you wear to a 'Learn to Skate' Class?

Bike or Hockey Helmet. Bike helmets should cover the back of the head and should sit two fingers above the skaters' eyebrows. Hockey helmets offer excellent protection. Make sure your name is on the helmet. Children ages 7 and below are required to wear a helmet. Above age 7 helmets are strongly recommended, but are up to a parent's discretion.

Skates: Either Hockey or Figure. For older or taller skaters, hockey skates generally give better ankle support and do not have toe picks that many novice skaters tend to trip over. Skate rentals are included during your lesson session and are on a first come basis.

Dress Warm. Remember this is an ice rink and it is always cold. Skaters should dress warmly and be able to comfortably move around.

Gloves: Either wool or Hockey Gloves. Gloves keep your hands warm and protect them from ice burns when you fall.

Knee Pads. Knee pads are not required for any beginner skater, but should you feel that you would like to wear them, please make sure that the knee pads are under the skater's clothing. Having the knee pads exposed causes skaters to slide and be unable to stand properly.

Socks. Wear socks that pull up to mid-calf. No cuffies or anklets - they create pressure points and blisters.

No parents or guardians are allowed on the ice wearing shoes at any time.