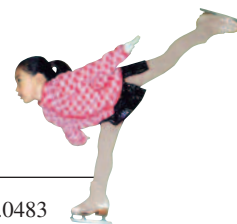




The Premier Skating Center for the *Whole Family!*

180 Canterbury Lane • Bolingbrook, IL 60440 • Ph: 630.679.1700 • Fax: 630.679.0483



Lights! Camera! Color! Ice Show



Friendship, Fun & Skating



Fun with Snowplow Sam



Having a Great Time



Fun, Knowledgeable Instructors

Dear Basic 1 Students & Parents,

Welcome to Basic Skating classes at Rocket Ice Arena. We are so glad that you are here. Our goal for you and your child is for your child to have fun, make friends and learn to love ice skating. At Rocket, we have a love of skating and the values that it helps to instill. We work hard on the ice to provide you and your child with a positive and fun environment for learning the sport of figure skating.

Tips for a successful start:

- Please arrive at Rocket at least 20 minutes prior to class time to get rental skates and get skates on. We would like your child dressed, with skates on and ready to have fun five minutes prior to the start of class.
- Please have your child wear sweat pants or athletic "warm up" pants, a long sleeve sweat shirt or a light weight fleece and mittens or gloves (a must). A bicycle helmet or hockey helmet is recommended. If you do not have a helmet please be sure to wear a hat. Please avoid coats and pants that are too bulky – it makes it more difficult for your child to move and the temperature on the ice is a comfortable 55 degrees.
- We strongly recommend that new students rent skates at our Guest Services desk during their first few sessions of lessons, prior to purchasing new skates. Skates should be smaller than shoe size. Be sure to fully loosen the laces all the way down the boot. The objective is to have a tight fitting boot with tight laces, but still be comfortable. The most common problem is that the skater/parents tend to choose a skate that is too big and don't lace tightly enough. Skates should fit tighter than tennis shoes. They should not pinch the toes, but you should not expect to spread your toes out and wiggle them the way you can in tennis shoes. If you have questions about choosing the proper skates or lacing them one of our instructors would be happy to help you out.

What to expect:

- Your children will fall down. We teach the students to fall down and how to get up in our first classes. Keep in mind as they progress, if they are trying new skills and giving it their all they will fall down and get back up. That's part of what we teach.
- You will notice that our instructors do not pick students up. It's important from the start that students learn to get up on their own.
- Our instructor's main goal for Basic 1 is for your child to get used to the ice, have fun, learn to skate and begin to improve.
- For all of the students to have fun it is important that they listen to their instructor, pay attention, follow instructions and respect fellow classmates. Please help us by reinforcing this with your child. We all want to have fun and learn.
- Please enjoy watching your child's class from the stands. Children can get confused when parents try to shout corrections from behind the glass.
- Each student learns at a different rate. It is common for students to be in Basic 1 for a couple of sessions in order to become a capable skater and be prepared for Basic 2.
- We test all students during the 2nd to last week of the session to see which students are ready to move to the next level. Skaters will receive an evaluation sheet from their instructor after their final class. The instructor will indicate on the top of the form what level you should register your skater for during the next session.

Once again welcome to Rocket Ice. We are committed to providing a great experience for your child. We love skating and truly enjoy serving our wonderful new students and their families. If you have any questions please ask your child's instructor, stop by the Guest Services desk or email me at Michelle@rocketice.com. Our hope for every student is that they will work hard, have fun, make friends and learn to love skating as a lifetime sport.

Welcome!

Michelle Tepkasetkul Martineau
Figure Skating Director

Sign up now! Join the fun!!

Rocket Ice Offers a Complete Skating Experience

ROCKETICE.com

