

Welcome to the Morgantown Municipal Ice Rink and BOPARC's Skate with US program!
The following guidelines will help you get the most out of your group lessons and practices:

- ☺ Please arrive at least 15 minutes before your group lesson session begins to allow enough time for putting on skates, gloves, hats, jackets, etc. Remember, if it is cold outside it will be cold at the rink. You may want to allow extra time for the first lesson of a session.
- ☺ Your color-coded name badge will be available on a table by the rink entrance. It will correspond to the proper class for your age and skating level. Please wear the badge during class and return it to the basket on the counter when class is over.
- ☺ The use of rental skates is included in your lesson fee. Please take off your shoes and give them to the BOPARC staff at the counter, and let them know your shoe size and whether you prefer figure or hockey skates. They will swap your shoes for skates, and then return your shoes when you return the skates. If you are unsure which type to get, choose figure skates at first.
- ☺ In spite of the cold temperature, please wear only one layer of thin socks or tights over your feet; thick socks or multiple layers make it difficult to properly fit your skates and may cause blisters. Skates should fit snugly and be laced firmly to the top. The BOPARC professional staff will be available to help you with proper fit and lacing of your skates.
- ☺ In order to take full advantage of your lesson time, please be ready to get on the ice when it is time for your lesson. After the instructors take the ice, you may go to your lesson area.
- ☺ We recommend that you wear gloves during your lesson and that you dress warmly but make sure your clothing does not restrict movement. Use of a bicycle or hockey helmet or a thick knitted hat is recommended, especially for beginners. Loaner gloves and helmets may be available.
- ☺ Parents should observe lessons and practices from the bleachers on the near side of the rink or from the warming area only. This allows your child to devote full attention to the lesson, and allows you to stay warm! (For additional warmth, you can pay \$1 to turn on overhead heaters.)
- ☺ Insurance regulations require that anyone other than BOPARC employees and group lesson students stay off the ice during the lesson and that the gate areas remain clear at all times. Do not step onto the ice with shoes on, as you have a risk of falling, and also salt and dirt from your shoes will damage the ice.
- ☺ Stay on the rubber matting at the rink while wearing skates, and never walk on concrete or other hard surfaces unless your blades are covered by hard plastic guards. Dry your blades after use to prevent rust, and have them sharpened after purchase and at least once per season. Terry cloth "soakers" can help keep blades dry and protect them from damage while being transported.
- ☺ Although students may use their own skates, double-bladed skates are not permitted during lessons. Please consult your instructor for advice before purchasing skates, as cheap plastic or vinyl skates are not suitable for wear in lessons and will delay your progress.

- ☺ Students will be moved to the next class level when they have mastered all the skills at their current level. It generally takes at least 8-10 weeks to master a level, so you should not necessarily expect to move up between each set of lessons, especially at higher levels.
- ☺ We encourage you to take advantage of the opportunity to practice free of charge on any public session except Friday and Saturday nights while you take group lessons. Practice during these sessions will speed your mastery of the skills taught in class. Speak to an instructor if you would like to schedule a private lesson or two for individualized instruction on difficult skills.
- ☺ Due to limited class size, make-up lessons will be permitted at the discretion of the BOPARC professional staff. In the event of a cancellation by BOPARC due to severe weather or other unforeseeable circumstances, every attempt will be made to reschedule the lesson.
- ☺ Remember, you are learning skills that will provide you fun and recreation throughout your life. It's great to skate!!

SPECIAL NOTE . . .

Your group lessons are part of a program sponsored by United States Figure Skating (USFS), the national governing body of figure skating on ice as recognized by the United States Olympic Committee and the International Skating Union. This program was developed by USFS and approved by the Professional Skaters Association (PSA), the authority in professional figure skating.

You are now registered as a USFS Basic Skills Member, which entitles you to the following benefits for one full year:

- ☺ Liability insurance coverage while participating in group lessons
- ☺ USFSA Basic Skills Membership Card
- ☺ USFSA Basic Skills Record Book, which contains the requirements for all skill levels and disciplines and allows you and your instructor to chart your skating progress
- ☺ USFSA Basic Skills embroidered patch and year patch

Take advantage of this great opportunity as a member of the USFS Skate With U.S. program!!

WHAT'S NEXT?...

Group lessons are available up through the freestyle levels, where students begin to learn jumps and spins. After mastering Basic 3 or 4, you may also want to investigate membership in the Mason-Dixon Figure Skating Club (MDFSC) or Morgantown Hockey Association (MHA), depending on your interests. Group lesson skaters are also invited to participate in the Holiday and Spring shows presented by the MDFSC. More information will be available as the season progresses.