

NEWS from Bay State Skating School

Greater Boston Area Learn-to-Skate Classes

2011 – 2012 Season

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LESSON LOCATIONS & TIMES

Register for lessons online at
www.BayStateSkatingSchool.org or
call (781) 890-8480

BRIGHTON/NEWTON

Daly Memorial Rink

Nonantum Rd, Brighton, MA

Lesson Dates & Times

Tuesday: 3:00pm, Saturday: 1:00pm,
Sunday: 1:00pm

BROOKLINE/CLEVELAND CIRCLE

Reilly Memorial Rink / Cleveland Circle

355 Chestnut Hill Ave., Brighton, MA 02135

Lesson Dates & Times

Thursday: 4:00pm, Friday: 4:00pm,
Sunday: 1:00pm

BROOKLINE

Larz Anderson Rink

25 Newton St., Brookline, MA 02445

Lesson Dates & Times

Saturday: 10:45am, Sunday: 10:45am

CAMBRIDGE

Simoni Memorial Rink

Gore St., Cambridge, MA

Lesson Dates & Times

Saturday: 2:00pm

HYDE PARK

Bajko Memorial Rink

75 Turtle Pond Pkwy., Hyde Park, MA 02136

Lesson Dates & Times

Saturday: 12:00pm

MEDFORD

LoConte Memorial Rink

3449 Veterans Pkwy, Medford, MA 02155

Lesson Dates & Times

Sunday: 1:00pm

MESSAGE FROM THE DIRECTOR

This is our 43rd YEAR of offering Ice Skating Classes to children and adults. Maybe you want to skate for fun, become a figure skater or play hockey like the Bruins. Learning basic skating skills is the way to start to become proficient in ice skating.

We look forward to welcoming back many of our former students as well as new students. Come skate, *have fun and feel great!*

~Rosemary Hanley Cloran~

WHAT DO YOU NEED – THE CHOICE IS YOURS?

A good pair of skates is one of the most important components to the ice skating experience. When buying skates, generally, the more snug the fit, the better support for ankles. Students need a single blade skate (**no double blades**), wear figure, hockey or recreational skates. Skates should fit for the season. Skates that are too big impede progress. The better quality of the boot and the more support it has, the easier it is to learn to skate. Ankles should be in an upright position. Buying a good pair of used skates, is also an option.

Purchasing online has become very popular. However, it is important to try skates on to ensure you have the skate that is right for you. You should try skates on with thin socks or tights. Avoid bulky cotton socks. You should be able to wiggle your toes.

FIGURE, HOCKEY OR RECREATIONAL SKATES?

The choice is yours

Choosing which type of skate to wear is a personal choice. The most important thing is that the skates fit well.

New skates often do **not** come sharpened. When purchasing skates, ask if they have been sharpened. If not, be sure to have them sharpened **before the first class**.

Skaters with dull blades can skid on the ice and fall. Skates should be laced tightly, especially through the ankles.

INSTRUCTOR MICHELLE WITH STUDENTS



RINKS (cont.)

QUINCY

Shea Memorial Rink

651 Willard St., Quincy, MA 02169

Lesson Dates & Times

Wednesday 4:00pm, Sunday: 11:00am

SOMERVILLE

Veterans Memorial Rink

570 Somerville Ave., Somerville, MA 02143

Lesson Dates & Times

Sunday: 1:00pm

SOUTH BOSTON

Murphy Memorial Rink

Day Blvd., South Boston, MA 02127

Lesson Dates & Times

Sunday: 5:00pm

WALTHAM

Veterans Memorial Rink

Totten Pond Rd., Waltham, MA

Lesson Dates & Times

Saturday: 1:00pm, Sunday: 4:00pm

WEST ROXBURY

Jim Roche Community Ice Arena

1275 VFW Pkwy., West Roxbury, MA 02132

Lesson Dates & Times

Thursday: 4:00pm, Friday: 4:00pm,

Sunday: 4:00pm

WEYMOUTH

Connell Memorial Rink

220 Broad St. Weymouth, MA 02188

Lesson Dates & Times

Sunday: 5:00pm

TIPS FOR THE FIRST CLASS

Clothing should be warm and comfortable. Students need mittens or gloves. Arrive about 15 minutes early. Allow time for parking and getting skates on, etc. If you intend to rent skates, please keep in mind that not all rinks have skate rental. Make sure you check before arriving at the rink. It is always a good idea for children to make a bathroom stop before lacing skates. Upon arrival, check in with the Coordinator.

Students are generally grouped according to ability and age. There are various instructors for different skill levels. There are separate instructors for children and adult classes.

At the first class, all students are evaluated and placed in the skill level that is most appropriate for them. As the skater masters the skills in their group, they are re-evaluated. Keep in mind that children's rate of progress can vary depending on their age, motor skill development, equipment, and motivation. The goal is to have fun, while learning skating skills.

A color dot will be placed on the front of each student's helmet. Please do not remove it. This color dot indicates the assigned group and will insure that the student is in the correct class each week.

Students are on the ice a total of 50 minutes. There is a 25 minute lesson and 25 minutes of supervised practice.

We encourage all parents to be supportive and enthusiastic. Watching your child skate is welcomed and encouraged, but please stand back several feet from the ice surface. This will allow the instructor to teach and the children to learn, without distraction.

People that are not registered for the class are not allowed on the ice during the lesson. Please direct all questions and concerns to the Coordinator before or after class. Please do not attempt to ask the instructor questions during the lesson, as this takes away valuable teaching time.

**PARENTS NEED TO REMAIN ON THE PREMISES AT ALL TIMES
DURING CLASS**

HELMET SAFETY

All students, between the ages of 4 ½ and 9, are REQUIRED to wear a helmet. Helmets are recommended for all skaters. After a well fitted pair of skates, a helmet is the most important piece of equipment a skater needs. The benefits of a helmet, that fits properly, are protection and comfort. A helmet should fit snugly to prevent any shifting and maximize protection. Make sure the chinstrap is adjustable. It should gently make contact under the chin when fastened. Look for a helmet with good ventilation, with a good liner for a soft feel. The pads should touch the head at the front, sides, back and top. No more than 2 fingers should fit between the wearer's eyebrow and the helmet. If there are any cracks, dents or other damage to the helmet, it's time for a new one.

There are two basic types of helmets: single-impact and multiple-impact. For skating, it is recommended that you wear the multiple-impact. Remember, wearing a helmet is an easy way to help prevent head injuries.

INSTRUCTOR BILL WITH STUDENTS

