



Adult Learn to Skate Handbook

The Program

Welcome to Full Stride's Adult Learn to Skate program. This program is for men and women ages 18 and up who simply want to learn how to skate. No prior experience is necessary. Participants will learn the basics of ice including the forward stride, backward stride, stopping, turning and more. Participants will practice their skills in small groups with a coach.

Sessions

The Adult Learn to Skate program meets every Wednesday afternoon at Cairns Arena from 4:00 to 5:00. There are four six-week sessions throughout the fall and winter. Participation in previous sessions is not required to begin in later sessions. There will be a small group for new participants in each session.

Registration & Payments

Registration for the Adult Learn to Skate program is on the program's web page on Full Stride's website. The fee for each six-week session is **\$130**.

Time & Arrival

Make sure to arrive 10 to 20 minutes prior to 4:00. This will give you plenty of time to change into your skates.

Skates

Skates are available to rent at the rink for a small fee. Buying Skates Skates are the most important piece of equipment. Here are a few things to consider when purchasing skates:

1. Buy skates that fit properly.
2. A skater continually flexes their toes and uses muscles on the bottom of their feet to keep balanced. A skater will work much harder trying to keep balanced in skates that are too big and too loose. Their feet will become sore and cramped quickly. Skates typically run 1 or 2 full sizes smaller than regular shoe sizes.
3. We recommend buying a higher end used pair of skates rather than a lower end pair that are brand-new. As Laura Stamm puts it, "buying cheap skates is a poor investment."
4. Buy skates with proper ankle support. If the skater's feet are pronated inward, the skates are either too big, too loose, and/or the skate has poor ankle support. The skater should be able to stand in their skates with their ankles straight. If ankles are pronated inward, the skater will not be able to get onto their edges properly.
5. One brand of skate (i.e. Bauer or CCM) is not better than the other. Proper sizing, ankle support, and comfort should be considered over anything else.

6. Foot soreness and a couple blisters can't be avoided. A new skater is using new muscles. Breaking in new skates will create a few blisters. But there should not be any pain. If the skater is constantly in pain, the skates are probably an improper fit.

7. Buy the best skates you can afford that fit properly. This will make the learning process much more enjoyable.

Helmets

All participants must wear a helmet while they are on the ice. Hockey helmets, bike helmets, or ski helmets are all acceptable.

Warm Clothing

Make sure to wear warm, athletic clothing such as sweat pants, wind pants, sweat shirts, and a coat. Mittens or gloves are recommended as well. There are locker rooms available to change into clothing.