



# ICE SKATING



Welcome to the Westport Parks and Recreation **Ice Skating** program. This popular program is for children and adults who are interested in learning and improving their skating abilities and to have a great time outdoors.

## **GENERAL PROGRAM INFORMATION**

The Ice Skating program is open to all children and adults. **Instruction takes place at the Westport P.A.L. Rink at Longshore in Longshore Club Park.**

We offer figure skating instruction in the following categories:

- **Parent and Tot: ages 3 & 4** (T/W/Th)
- **Snowplow Sam 1 – 3: ages 4 & 5** (T/Th)
- **SUPER 1: ages 4 & 5** (T/Th/Sat)
- **Basic 1 – 8: ages 5+** (T/Th/Sat)
- **Bridge Program and Freestyle: ages 6 – 17**
- **Adult Learn to Skate: ages 18+** (W)

The Westport Parks and Recreation Dept. follows the Learn to Skate USA Program. It is designed to keep skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Whether they want to excel to compete or simply enjoy the recreational benefits of skating, the Learn to Skate Program is the place to start!

**All participants are required to wear a ski or snowboarding helmet and must dress warmly and appropriately for cold outdoor weather, ski pants, mittens/gloves, and warm layers. Please, no double runner skates.**

The session runs for 10 weeks and students will be evaluated and given merit badges at the completion of each level. Skaters may need to occasionally repeat a level to better prepare them for more difficult levels. This is common, especially at the higher levels. All instruction takes place at the Westport P.A.L. Rink at Longshore located in Longshore Club Park. [www.wpalrink.com](http://www.wpalrink.com)

Longshore Pavilion and the Westport P.A.L. Rink at Longshore have lockers that are available on a daily basis to store your personal belongings for a fee. Those participants who do not have their own ice skates may rent them for \$5 each time they have a lesson or purchase a season pass for rentals. **The Westport P.A.L. Rink does not rent these items and if the participant comes unprepared for the lesson, he/she will not be allowed to participate.**

There is one session that includes 10 lessons. The schedule is as follows:

## **Dates: November 27 – February 12, 2019**

<b>Tuesday classes</b>	<b>Nov. 27, Dec. 4, 11, 18, Jan. 8, 15, 22, 29, Feb. 5, 12</b>
<b>Wednesday classes</b>	<b>Nov. 28, Dec. 5, 12, 19, Jan. 2, 9, 16, 23, 30, Feb. 6</b>
<b>Thursday classes</b>	<b>Nov. 29, Dec. 6, 13, 20, Jan. 3, 10, 17, 24, 31, Feb. 7</b>
<b>Saturday classes</b>	<b>Dec. 2, 9, 16, Jan. 6, 13, 20, 27, Feb. 3, 10, 17</b>

This is an outdoor program and inclement weather or poor ice conditions could cause the program to be canceled. No make-ups will be offered.

## **CANCELLATION LINE**

**To keep up to date on program cancellations, please call our cancellation line, (203) 341-5074. You may also check Twitter @westportparkrec and our Facebook “Westport Parks and Recreation” for cancellation updates.**

## **EQUIPMENT**

**A ski or snowboarding helmet is mandatory for all skaters.** Warm attire is recommended but should not be overloaded to the point where the participant can not move freely. **Gloves or mittens must be worn. No double-runner skates.** If you do not have your own ice skates, rentals are available for a fee.

(OVER)

### **DROP OFF AND PICK UP**

Please make sure you drop off and pick up your child promptly. Consistent lateness in either dropping off or picking up is cause for dismissal from the ice skating program. It is essential to arrive at the lesson at least 15 minutes prior to the start time. Parents with young skaters need to take the time to escort them to the rink and prepare them for their skating lesson. This includes removing their shoes, putting their skates on and making sure they have a helmet and gloves. Our instructor staff does not have time to do this, so please be prepared. Arriving late is not acceptable and is disruptive to the class and instructors when you get on the ice. When dropping off or picking up, you must park your car in the Longshore parking lot and walk to the rink to find your child. DO NOT STOP AND PARK NEXT TO THE RINK.

### **GENERAL RULES**

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are cause for immediate dismissal from the program with no refund.
- At the end of each session, please be sure to pick up all belongings. There is no lost and found.
- **There is no food or drink allowed on the ice at any time. Please do not give your child these items during the lesson time. Parents are not allowed to stand along side the rink and hand their children hot chocolate, food, etc. This is disruptive to the instruction taking place and is cause for immediate dismissal from the ice.**
- Parents and spectators are welcome to watch lessons from the bleacher area. We ask that you do not disturb the child and/or the instructors during lesson time. If you need to speak with an instructor, you may do so after the lesson is over. It is highly recommended that all questions and concerns be directed to the on-site Parks and Recreation Supervisor.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child if they are a participant.