

# Ice Skating Class FAQs

## Skating Attire

- Skaters should wear warm clothing for classes. The rink environment is very cold.
- Skaters should wear loose fitting pants / jeans, a long sleeved shirt or sweatshirt & a jacket. Gloves are highly encouraged.
- DO NOT** wear two pairs of socks. This will cause blisters.
- Helmets are required for Snowplow Sam classes**, and are highly encouraged for all other beginner levels.

## Rental Skates

- Skaters should request the same size skate as their shoe size. Sometimes it is necessary to go one size smaller.
- Skates should fit snugly around the foot; similar to a sock, should be tied tightly around the ankle area.
- Lace skates as if you were lacing up a pair of ski or work boots. DO NOT wrap excess laces around the ankle, instead weave the excess lace back down around the hooks.
- Skaters should be able to walk easily in their ice skates, with their ankles up straight. When the ankles lean to the inside of the skates, it is normally an indicator that they are too big.
- If you believe the skates are too big, or too small, return them to the skate counter and ask for a different pair.

## Class Information

- Summer skating schedules differ from school-year schedules. See the Cool Sports' Skating Director for summer class information.
- Skaters will be allotted one make-up class which can be made up on any of the other "class day options". Make-ups must be completed by end of semester.
- Make-up classes can not be made up during the final two weeks of semester.

**Contact Nikki Copeland-Ronayne for questions regarding skating classes at (865) 218-4500 x 227 or at [nikkic@coolsportstn.com](mailto:nikkic@coolsportstn.com)**