Your Child’s First Day of Skating

We’re going to let you in on a little secret. The first time your child skates—he or she will fall. All skaters fall. Olympic medalists have fallen hundreds, even thousands, of times. The best part, your child will get right back up. Anything’s possible when your child skates for the first time. So prepare yourself and your child for the expected and unexpected. You’ll know how to plan ahead. You’ll relax more. And you’ll have more fun knowing you’re comfortable and safe.

Be on time. Arrive a good 20 minutes before class kicks off to check in at the desk and lace up your skates.

Bring lots of layers. Comfort and moving freely about are essential for new skaters. Choose sweatpants or warm-up pants instead of bulkier snow pants. Socks: Thin, not thick. Bulky, thicker socks limit support and create unwanted bumps inside your boots. Go with lightweight socks or thinner tights.

Keep their hands warm. Since kids are taught to fall on day one, gloves or mittens are imperative to prevent hands from getting all scraped up. If you forgot to bring a pair, sift through the lost and found box to find some your child can borrow during class.

Helmets. All Snowplow Sam skaters are required to wear one, and it is suggested for all other beginning skaters. Wear the helmet low in front to protect forehead. Fasten buckle and check strap adjustment often. Don’t allow your skater to wear anything under the helmet, and replace immediately if it shows any visible signs of damage. Never allow them to wear a helmet that does not fit or cannot be adjusted properly.

Fitting Skates

Try on skates until the most comfortable pair is found. The rule of thumb: the closer the fit, the more control. Boots should be snug, giving toes just enough wiggle room without pinching. Feet should be immobile with the heel far back in the boot. Solid support is also necessary as staying upright takes a considerable amount of strength.

Note: Be aware that rental skates are designed to fit everyone. Shoe size does not necessarily match skate size. For help, use sizing mat located at Skate Rental.
Learn to Skate USA, formerly known as the Basic Skills Program, was developed to teach children and adults the fundamentals of ice skating. The mission of Learn To Skate USA is to provide a fun and positive experience that will instill a lifelong love of skating.

Lessons in skating become lessons in life. They learn positivity, confidence and personal strength. When learning anything new, there will be plenty of peaks and valleys your child experiences, and that’s okay. It’s more about the journey and the process along the way that will shape our children to one day become great people.

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Program Benefits
Six 25 minute lessons, following the Learn to Skate USA curriculum
Skate rental included during lessons
USFS merit badges and certificates upon completion of each level
Admission to 6 Open Skate sessions (skate rental not included)
*All skaters registered in Basic 1 or above are required to purchase an annual Learn to Skate USA membership at an additional fee.

Early Bird Discount Register at least 2 weeks prior to the start of classes to receive a $10 discount.

The Learn to Skate USA Curriculums
Look at the many different ways to enjoy the majesty of skating. Find the one that is appropriate for your young skater!

Stage 1: Discover, Learn and Play
Introductory Levels
Snowplow Sam 1-4
Basic 1-2
Intro to Hockey

Snowplow Sam (3-5 years old)
The Snowplow Sam levels are introductory classes allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children under 6 years old develop the ABCs of movement – Agility, Balance, Coordination and Speed. Helmets required for skaters at these levels.

Basic 1 and 2: These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

Hockey
The Hockey curriculum is designed to teach the fundamentals of hockey skating, in which skaters will learn how to be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels.

Necessary equipment:
• Hockey skates, helmet with cage, and stick.

Stage 2: FUNdamentals
Basic 3-6: These levels continue to develop all of the fundamental skating skills on the ice. Focus is on learning edge work, transitions, and strengthening basic skating. These skills will allow the skater to continue on to advanced levels of skating.

Stage 3: Advanced
Pre-Free Skate
Free Skate 1-6
Moves in the Field/Spins

Free Skate
Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps — all of which build on the previous skill, providing skaters a strong foundation of all elements. Instructors will focus on quality and mastery of skills.

Public Sessions at the Brigade Sports Complex
Open Skate: Tues/Thurs 11am-1pm
Sat/Sun 4:50-6:40pm

Freestyle: Mon/Thurs 6:00-8:30am
Wed 8:45-10:45am

Stick & Puck: Mon/Wed 11am-1pm
Wed 7:00-8:30am

Times are subject to change. For up to date times, please visit our website: www.usnabsd.com

Inclement Weather Policy
The BSC follows USNA policy on closings and delays. In the event of inclement weather, please call the USNA weather hotline (410-293-0032) or check our Facebook page for updates.

Make Up Lesson Policy
Due to the number of students in the program, make up lessons are not available.