



Learn to Skate

Frequently Asked Questions

What you need to know before you start skating lessons.

coquitlam.ca/pslc
604-927-4FUN (4386)

    CityofCoquitlam

Coquitlam

BEFORE YOU START

REGISTRATION:

3 Easy Ways to Register ...

1 Online: coquitlam.ca/registration

- » Available 24 hours a day, 7 days per week
- » Payment by Visa, MasterCard or American Express required

2 Over the phone: 604-927-4FUN (4386)

- » Mon – Fri, 8:30 a.m. – 6 p.m.
Sat/Sun, 10 a.m. – 2 p.m.
(except statutory holidays)
- » Payment by Visa, MasterCard or American Express required
- » Staff assisted registration

3 In person: Register at these facilities:

Poirier Sport & Leisure Complex
633 Poirier St.

City Centre Aquatic Complex
1210 Pinetree Way

Dogwood Pavilion
624 Poirier St.

Glen Pine Pavilion
1200 Glen Pine Crt.

Pinetree Community Ctr.
1260 Pinetree Way



What level do I register for?

We recommend all new participants begin at our introductory Parent & Tot 1 (2 1/2 – 5 yrs), Preschool 1 (3 – 5 yrs), School Age 1 (6 – 12 yrs) or Youth/Adult Beginner (13+ yrs) levels.

If you have already completed skating lessons at a different facility, we can do our best to fit you into the right level in one of 2 ways:

- 1) Skating Evaluation – Come to one of our public skating sessions and one of our staff will conduct an on-ice skating evaluation to determine the proper level.
- 2) Show Past Progress Card – Show our registration staff a copy of your past Progress Card from the other skating program and we will find the closest fit in our skating program.

Rentals

Rentals are purchased at the Front Desk and redeemed at the Skate Shop. **Arrive early** as there can often be a line at the front desk. The 10 swipe-pass benefits include a discounted rate as well as using the same equipment all set.

WHAT DO I NEED TO WEAR & HOW SHOULD IT FIT?

Clothing

Wearing the correct clothing will make the experience more enjoyable, especially for a beginner skater.

- Waterproof pants, such as snow pants or rain pants
- A warm jacket or sweatshirt.
- Gloves or mittens. Waterproof is best. Thin, stretchy gloves tend to get wet and cold quickly. Gloves are also used to keep fingers safe.
- Knee and elbow pads are optional. If you choose to use these, put them under the clothing. Wearing pads over clothes can make it slippery when trying to stand.

Helmet

A proper fitting helmet is mandatory. A helmet should fit snugly and rest on the forehead. It should wrap around and provide protection to the back of the head

- **Helmets must be CSA approved (Hockey, Ski or Snowboard Helmet)**
- Bike helmets are not allowed for lessons; they are designed for different types of impacts in a warmer, generally dryer environment

Skates

Skates should be properly fitted and in good repair.

- Either Figure, Hockey or Recreational skates are appropriate for lessons.
- Adjustable-size skates are **not recommended**. They tend to be much heavier and can be difficult for beginners to use.
- Skates should have good strength through the ankle area.
- Skates should be tightened evenly all the way **to the top** of the boot. This will give you more ankle support, make the skates more comfortable and help you learn skills faster.
- New skates **do not come sharpened**. They must be sharpened prior to their first use. Skate sharpening is available at the skate shop, in the skate lobby.
- Be careful where you step when you are wearing skates. Walk only on soft rubber surfaces or the ice with your skates. Hard surfaces can dull the blades and make them harder to use on the ice.



FIRST DAY OF LESSONS

Arrive Early

On the first day of lessons, come 30 minutes early, and at least 15 minutes on following days. This gives you enough time to get your equipment, get your name tag, and deal with any unforeseen problems (ex: last year's skates don't fit or need sharpening)

Nametags

Be sure to pick up your name tag from the skate lobby, before you come on the ice. They let us know which class you're in. They are organized first by class time, second by last name.

Where do I go for my class?

All of our classes take place on the same sheet of ice. Don't worry about the letter you see next to your location; it refers to where your class will skate on the ice.

Please line up in the skate lobby and wait for the instructors at the bottom of the stairs. Once the area is clear and it's time for your class, staff will call you to the ice for your lesson.



Questions?

Ask the staff! Our on-ice lesson supervisor is available to answer any skate lesson related questions or comments you may have.