

Learn To Skate at Body Zone

Important Information For Your First Class And Beyond

Please arrive 10-15 minutes early for every class.

Bring the following:

- Helmets (bicycle, ski or ice hockey) are required for skaters under seven.
- Loose-fitting warm clothes and gloves are recommended.
- Form-fitting mid-calf socks -- for best skate fit and comfort

1. For your first class, please arrive 10-15 minutes early to check in, get prepared for class and to be a part of a parent/guardian meeting by Body Zone's director of skating programs.

2. Upon arrival please proceed to our Ice Sports lobby (at the end of our main lobby and to the right) to sign in for class, get your child's name tag and free rental skates if necessary. Place the name tag on the front of your child's helmet or jacket. You'll notice a colored dot on your child's name tag. This dot corresponds to their group and group's meeting location on the ice. Our staff will assist you and your child with this process.

3. Skaters will be grouped according to age and ability. This process evolves over a few weeks so continue to check the color of the dot on your child's name tag before the first few classes -- it might change.

4. Need Body Zone's complimentary skates? These have been thoroughly disinfected for you. You will be asked to swap your child's shoes for the skates. We recommend starting with your child's typical shoe size, and then adjusting from there if necessary. If your child typically wears a half size, we recommend asking for the next whole size down. For example, if they wear a 2 ½, ask for a 2 first, and see how that fits.

Questions? Please contact Stacy Grebe, sgrebe@bodyzonesports.com or 610-376-2100

