

Figure Skating Lessons

Hello and welcome to Chamonix's Figure Skating Club (CPAC). Lessons start the week commencing **11th September 2017** at the Chamonix ice rink. To help ensure they run smoothly please read the following useful information for you and your child.

Please check you know your child's group and check the times of their lesson on our website. Chamonixpatinage.com. Our Facebook page has additional information on what's happening so please follow us – Chamonix Patinage Artistique.

Before the first lesson

Before being allowed onto the ice each child must be correctly dressed with the right equipment. All the items required for registration must have been presented to the club representative before the first lesson. They are required for insurance purposes and **children without all the necessary items will not be allowed on the ice.**

Equipment

Your child will need good quality figure skating skates, as well as the appropriate clothing.

For the Panpans group

- A ski suit or warm sports' clothing, long socks or tights, their own helmet (compulsory) their own gloves (compulsory) and rental or their own good quality **figure skating skates**

For other skaters in 'loisirs' groups

- Their own good quality skates – these must be figure skating skates
- Plastic skate guards (for walking) and material guards/ 'soakers' (for storage after skating).
- A tracksuit, flexible pair of trousers or skating outfit
- A fleece or club jacket
- Their own gloves. These are mandatory (for their own safety skaters will not be permitted to skate without gloves).
- Hair must be tied back in a ponytail etc. This is for their safety as it is important for skaters to be able to see where they are putting their feet. Flyaway bits of hair must be clipped back.
- The "Ados" and "Adults" groups may also wear tights with skirts or tunics, black leggings or stretchy trousers with a T-shirt and fleece jacket on top. Hoods are not permitted.

The First Lesson

1. Please arrive well in advance of the stated start time so that you are ready with skates on 15 minutes before the lesson.
2. For their safety children must stay on the ice for the whole session. If you have young children please make sure you take them to the toilet beforehand.
3. Janey Segal, a member of the committee, will be on hand each Monday evening to answer your questions and to help you complete registration documents.
4. Your child will be welcomed by one of our trainers at the side of the rink. We have two main trainers, Catherine and Clémence Chamel as well as certified 'initiatrices'. They will manage the lessons and are responsible for safety and discipline on the ice.
5. The aim of the club is to provide your child with the basics of figure skating in a safe environment. Children are split into small groups working with our trainers and certified skaters. The groups will change each week to allow everyone the chance to get to know all their trainers and fellow skaters.
6. Parents are allowed to watch from the stands but may not come to the edge of the rink next to the glass. For the safety of their children, parents are advised that they may not intervene in the training in anyway.
7. Should you not be able to make a session please send a message to our trainers:
Catherine Chamel Tel : 06 87 10 90 51
Clémence Chamel Tel : 06 74 02 35 90

Feel free to contact us if you have any questions. chamonixpatinage@gmail.com.

See you on the ice soon!

All the best

Team CPAC