FIGURE SKATING LESSONS

Hello and welcome to Chamonix Figure skating club. Lessons will start during the week of the 9th September 2019 at the ice rink in Chamonix. To help everything run as smoothly as possible, please read the information below which we hope you and your child will find useful. Please check our website and face book page regularly www.chamonixpatinage.com and www.facebook.com/chamonixpatinage to make sure you are up to date with all the relevant information.

Before the first lesson

In order to start skating your child must be appropriately dressed with the right equipment. For insurance purposes you will also need to have supplied **all** the elements for sign up. **Anyone with an incomplete sign up dossier will not be allowed on the ice.**

Equipment

Your child will need good quality FIGURE SKATING skates as well as the appropriate clothing below:

For the Panpans

- A ski suit or warm sports kit with long socks or tights. Their own helmet (compulsory), gloves (compulsory) and either ice skates loaned by their rink or their own. Again these must be good quality **figure skating** skates.

For other skaters in the 'loisirs' groups – vert, rose, bleu, turquoise, violet

- Your own good quality skates (figure skates only)
- Plastic skate protectors (for walking), material skate protectors (to protect them in your bag
- Tracksuit bottoms, a flexible pair of trousers or a figure skating outfit.
- Fleece or club jacket
- Your own pair of gloves (these are compulsory for the skater's safety and skaters will not be allowed on the ice without them)
- Hair **MUST** be tied up (for safety reasons). Clips must be used to clip back hair that could get in front of the skater's eyes.
- For the Turquoise (teenage) and Violet (Adult) groups you can wear tights with short skirts or leotards. Alternatively you may wear a black pair of leggings or stretchy trousers with a T-shirt and fleece on top. Hoods are not allowed.

The first lesson

1. Please arrive well before your lesson is due to start so that you are ready with skates on 15 minutes before. Skaters will be allocated a changing room and skates can be lent for the first session.
2. For their safety your children will not be allowed to leave the ice during their session. If you have younger children please make sure you take them to the toilet before!
3. A member of the committee, Janey Segal, will be on hand on most Monday nights to answer any questions you may have
4. Your child will be met by our trainers at the rink side and taken onto the ice by them. We have two trainers, Catherine and Clémence Chamel, as well as certified assistant trainers and trainers in training. They are responsible for running the sessions and for safety and discipline on the ice.
5. The aim of the Chamonix Figure Skating Club (CPAC) is to teach your child the basics of figure skating in a safe environment. Children are split into small groups with our trainers or assistant trainers. These groups will change each week so that all the children have a chance to get to know each other and to work with each of the trainers.
6. Parents are allowed to watch in the stands on Monday nights. Please not that only skaters are allowed at the rink side and on the players' benches. This is to ensure they are able to skate safely and undisturbed. We love our parents to be there to encourage their children, but for the same reasons of security and concentration we ask them not to disturb or intervene in the lessons.
7. If you are not able to attend your session please send a message to the trainers:
   Catherine Chamel Tel : 06 87 10 90 51
   Clémence Chamel Tel : 06 74 02 35 90

Please do not hesitate to contact us if you have any questions – chamonixpatinage@gmail.com.

See you soon on the ice!

Kind regards

The CPAC team