



Helsingin Taitoluisteluklubi
Skating school
Autumn 2022



Welcome to the skating school

Figure skating is a fun and comfortable hobby that is suitable for both girls and boys. In our skating schools you can enjoy the joy of skating, learn basic skills and if there is enough enthusiasm and desire you can progress through development groups all the way to competition groups and teams. Our instructors in charge are former and current skaters trained and skilled by the Finnish Figure Skating Association.

Welcome!

Susanna Pajari
Sports coordinator
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Training in skating schools

Children and young people are divided into small groups according to their skills. Each group has its own trained instructor. Teaching takes place in a positive and encouraging atmosphere.

We learn the basic skills of skating: standing up, falling safely, skating forward and backward, sliding, braking, etc. We use a variety of tools and games to help.

Once the basic skills are in place, we will progress in the training towards different movements and combinations of figure skating.

During the season, there are various theme lessons, such as a teddy bear lesson and, if possible, a time with a parent and a seasonal party.



Insurance

We insure all skating school children under the age of 15 with the Finnish Figure Skating Association's skating school passport. To obtain insurance, we need the skater's ID number.

The skating school insurance is valid for skating schools and related ancillary activities organized by the STLL member club.

The club does not insure people over the age of 15.

However, everyone should take care of insurance coverage. Comprehensive accident insurance for your figure skating hobby. It is worth checking the insurance conditions that the insurance covers figure skating.

More information:

<https://www.stll.fi/luistelijalle/lisenssit-ja-vakuutukset/ohje-lisenssin-ostoon/harrasteluistelupassit/>



Skating schools in the autumn of 2022

JääTähdet 3-6 years old

MON 18.00-18.45 Salmisaari
TUE 18.00-18.45 Kaarela
SAT 10.45-11.30 Pirkkola
SUN 11.10-12.00 Paloheinä

JääSalamat 4-7 years old boys

TUE 18.00-18.45 Kaarela
SUN 11.10-12.00 Paloheinä

Child-adult course

MON 18.00-18.45 Salmisaari
SUN 10.30-11.15 Paloheinä

Helsinki Rockettes synchronized skating school

TUE 17.15-18.00 Kaarela
SAT 10.45-11.30 Pirkkola

School children 7–14 years old

MON 18.45-19.45 Salmisaari
SUN 10.15-11.10 Paloheinä

Instructions for parents

Skates

Good and proper skates are the most important prerequisite for learning to skate.

With the sturdy skate, you can stand on one leg and jump evenly without twisting the ankle. If the skate does not support the foot, skating will be difficult, and the feet will hurt.

Don't buy room for growth. Skates that are too big do not support the foot enough. The appropriate size is usually the same as the size of the child's winter shoe. In addition to the operating sock, a thin sock can fit inside the skate.

Tying skates

- Start tying from the bottom
- At the foot and ankle, the straps are tied tightly.
- The rest of the skate is looser so that the two fingertips fit between the skate and the foot.
- Shorten straps that are too long, do not tie them around the ankle.

Skate care

- Blade guards should be used when transporting ice skates on foot outside the ice.
- After skating, remove the guards in the locker room and dry the blades with a towel.
- Skates should be stored separately in cloth bags without blade guards to prevent the blades from rusting.
- Figure skates should be sharpened by an expert who will sharpen the skate. Figure skates have a different sharpening than hockey sticks.

Clothing

A good skater's outfit on the ice is flexible and warm. Thick quilted clothing makes it difficult to move. A better option is a tracksuit or fleece outfit.

The ice is cool, so a beanie and gloves are necessary. Please check that the clothes do not carry sand on the ice.

The use of a helmet is recommended for small children and beginners.

Instructors use a marker pen to draw patterns on the ice. Traces of the marker can be left on the clothes if the skater falls over the drawings. Please take this into account when choosing clothes.

The skater will be given a name tag at the skating school reception for the first-time skating. Skaters always wear a name tag on their chest during skating class.

The locker room may be congested, so take care of your own equipment. The club is not responsible for lost or damaged items during the skating school. It is good to name the clothes.

At the ice rink

Come to the hall about 15 minutes before class starts.

The skating school reception is at the entrance to the ice rink. Please register every time!

The instructor prepares for the lesson about 5 minutes before the start of the lesson, when the reception closes.

Do not go on the ice before the instructors. Eating jars and candies is strictly prohibited. Instructors help children from the exchange to the ice.

Skating school groups have their own colors. Each skater and coach keep their own group ribbon on the skate. Attach the strap over the footrest to the straps. Based on colors the skater and instructors identify their own group. They also make teaching easier for younger children.

Escorts, such as parents, can follow the flow of ice in the halls where the auditorium is located. Adequate safety clearances must be provided in auditoriums. The skaters are taken to an ice rink exchange where the instructors are facing them.

Avoid walking and being in a change box, as the sand that enters the shoes will damage the blades.

Billing for the period 2022–2023

- Membership fee 30 euros. The membership fee paid from all participants once a school year > in the autumn is also valid in the spring.
- Skating school pass for children under 15 11 euros
- These have been invoiced same time as the invoice for skating school

More information about payments can be found at the link / QR code:



<https://helsingintaitoluisteluklubi.com/seura/maksut/>

Hour cancellation and replacement

Sometimes classes have to be canceled due to competitions, events or hockey tournaments. We will notify you of cancellations by email. We are not responsible for cancellations, but we will endeavor to arrange replacement hours.

Skate and accessories sellers

Skates should be obtained from an expert. This way you get the most suitable equipment for your age and skating skills.

Lucky Skate, also skate sharpening

Pakilantie 95, Pakila
www.luckyskate.fi
Puh. 010 423 6680

Skate Shop, also skate sharpening

Malminraitti 17, Malmi
www.skateshop.fi
Puh. 010 397 9400

SM-Skate Marketing Oy, also skate sharpening

Sarkkakuja 2, Tuusula
www.taitoluistin.fi
Puh. (09) 275 5548

Other Skate sharper services:

ProSharp

Kavallinmäki 15, Espoo
Puh. (09) 590909

ProShop Vuosaari

Pallokuja 6, Aimo Mäkinen areena
+358 50 553 6745
www.prosharpvuosaari.fi

Lucky Skate

By tapping HTK's Lucky Skate store, you get a -10% discount on your purchases. Our discount code, which works in both the online store and the store, is: HTK.

Lucky Skate has updated its website with details on the purchase of figure skates to make it easier for parents and skaters: <https://luckyskate.fi/pages/miten-osti-luistimet>



Development groups and competition groups

Our instructors actively monitor children's development on the ice. Interested and enthusiastic skaters have the opportunity to advance into competitive development groups. We will also be adding new skaters to our development teams in the middle of the season.

- The Tintit group is the first step towards competition groups. Tintit, children are 4-6 years old and practice twice a week.
- The MikroMints team is the first step for those interested in synchronized skating. The skaters are 5-8 years old and train 2-3 times a week.
- YL Diamonds is a group for those interested in single skating. YL Diamonds are 5-7 years old and have rehearsals 3-4 times a week.

For more information Susanna Pajari:

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