



Beginning

When arriving at the ice-rink for the first time, make sure you come on time. Once you have arrived, please sign-in with an MTK employee. You will receive a "Panda-Pass" and your first stamp. While receiving this, you will become a member. Membership costs 15 euros. With your membership, you will be able to try our skating school one-two (1,2) times. You will receive a receipt of your membership delivered to your email address.

Figure skating is a fun and joyful sport, that at it's best will grant lifelong memories and experiences to children, youths and adults.

MTK is a figure skating club with a goal to offer guidance to all ages and all levels, in single skating, as well as synchronized skating. Our coaches will help each individual find a group best suited for them. If you have any questions about our groups, please do not hesitate to ask.

Our skating school is a wonderful place to learn how to skate. An individual has the right to stay in our skating school, for as long as they please. However, if the skater wishes for more challenge, our club offers suitable groups for all levels and ages.

Panda Pass & Sign-up

We have a sign-in spot at the rink. At the beginning of the season, skaters receive Panda Passes. Once you have received the Panda Pass, write the skaters full name on it. Always sign-in before your session. You will receive a stamp in your Panda Pass when signing in. You will receive benefits after enough stamps have been collected. When your Panda Pass is full, you will get to try out for our groups in the next levels. You will also receive a souvenir. Your instructor will leave you notes about your progress, as well as stickers, in your pass. Please arrive on time, so we can start the lesson as planned. The skater should be ready and waiting by the rink boards, before his/her lesson begins. Sign-up is open 30mins prior to your session.

Season calendar

Skating school is conducted based on our seasons calendar. The calendar has some exceptions, as well as specialties, such as: Friend Day and Panda Disco. Please get familiar with the calendar.

Diplomas

Once you finish skating school, you will receive a diploma. The diploma will be given to you at our season ending spring/Christmas show, where all the skating school attendees will perform.

Equipment

Quality equipments adds comfort and speeds up learning. Skates should be supporting at the ankles and fit accordingly. Figure skates differ from practice skates, not only in support, but also in the blades. Toe-picks are essential and under no circumstance, should they be flattened. The laces should be tied so that there isn't any extra lace hanging off. However, laces should not be wrapped around the skate. This will cause a safety hazard, as it can get stuck on the other skate. The best place to purchase new skates, is at specific figure skating stores. These stores also sell used figureskates. Quality skates are easy to sell later on, for the next skater.

Remember to wear skate guards, when not on the ice. Inside your skate, please wear regular socks, not thick knitted ones.

Skate blades should be dried when getting off the ice and stored without hard guards on. Preferably, in separate skate bags. Ice rinks are cold, make sure to dress warm and accordingly. In skating



school, the skater should wear breathable, stretchy, skin-tight, layered clothes. A good example would be a tracksuit, with warm layers underneath. Of course, it is possible to wear a skating dress, if you so please. Please leave scarves at home, it is a safety hazard if it falls on the ice. A helmet is suggested but not mandatory. In the beginning we strongly recommend it. Once the skater stops wearing a helmet, it is recommended he/she wears a thick hat, which can protect the head in case of a bad fall. In the cold rink, it is highly recommended to wear gloves. Make sure your skating clothes are clean. Your skating clothes should be different, than what you have worn outside - this will ensure no sand or dirt gets on the ice. Sand/dirt can damage skate blades and therefore slow down learning.

On the ice

On the ice the skater's mouth should be empty of any food/gum. Make sure to use the bathroom before your session starts. Our instructors and coaches will take care of the skaters, while on the ice. We ask for the parents to step aside. This is how we can ensure space for the coaches to do their job and allow the skater to focus on learning, without any distractions. In the beginning of the season, we have some of our older skaters aiding the lessons. The best place to watch your child's skating lessons is behind the glass doors, or behind the boards. No leaning on the boards, please! Keep in mind the benches by the ice are meant for skaters only and that area should only be entered if wearing skates, so no sand/dirt gets on the ice. In the beginning of the season each skater will receive a ribbon. The colour of the ribbon determines the group the skater belongs to. Tie the ribbon to the skater's right skate on the lace. If the skater wears skatecovers, please sew the ribbon on in this same spot. Having the ribbon on the right foot, will fast-track the child's learning process.

Insurance and Pass

Skating school attendees will be insured by the STLL skating school pass. The skating school pass is mandatory for everyone. Make sure that your child's personal identification code has been added to our system. Only then, can we ensure insurance for your child.

If you wish to skate more, contact our skating school director Linda, or your own instructor. All of our employees will be more than happy to assist you with any questions/concerns you may have.

Happy skating!

More info:

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