



**MYLLYPURON
TAITOLUISTELUKLUBI**

Starting the Season and Arriving at the Ice Rink

Please arrive on time for your first skating school session! The start time refers to the beginning of the ice time. Parking at both Myllypuro Ice Rink and Puro is paid, and the fee can be paid via the ParkMan mobile app. When you enter the building, turn left from the main entrance hallway and check in at MTK's info desk.

You can try the skating school 1–2 times for the price of the membership fee, which will be invoiced by email. MTK provides figure skating instruction for all ages and skill levels in both singles and synchronized skating. Our instructors will help find the right group for each skater – don't hesitate to ask if you're unsure. Skating school is suitable for those learning the basics or looking to move on to development groups.

Panda Pass, Name Tag & Class Check-In

At the info desk, you'll receive a Panda Pass and name tag. Attendance is recorded with stamps on the pass. Please write the skater's full name on the Panda Pass. The name tag also serves as a membership card and must be visibly attached to the skater's clothing during each session.

The info desk opens 30 minutes before the class and closes 5 minutes before it starts. If you arrive late, you can mark the date yourself on the pass and receive two stamps next time.

Season Calendar

Skating school follows a seasonal calendar which includes parent information sessions, special theme days such as Friend Day and Panda Disco, and end-of-season events like the Spring or Christmas Show. The calendar is emailed to all participants and is also available on the club's website.

Diploma

Skaters receive a certificate of completion at the end-of-season event, such as the spring or Christmas show, where all skating school students will perform.

Equipment

Proper and well-fitting equipment makes skating more enjoyable and supports learning. Skates must offer good ankle support and be the correct size. Figure skates differ from recreational skates in both support and blade structure, including necessary toe picks that must not be removed or modified. Laces must be tied securely with no loose ends and never wrapped around the skates, as that poses a safety risk on the ice. We recommend purchasing skates from specialty figure skating shops, where used options are also available. Please note that the club does not rent or loan skates.

Skates should always be worn with blade guards when walking off the ice. Use thin socks (not wool socks), and always dry the blades after practice. Store skates without plastic guards, preferably in soft skate pouches. Clothing should be warm, flexible, and layered. A tracksuit with a thermal base layer is a good choice. A skating dress with tights can also be worn. For safety, scarves are not allowed, but a neck warmer is optional. Helmets are recommended at the beginning; later, a thick hat can provide some head protection in case of falls. Gloves are essential during ice time.



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Skating clothing must be clean and separate from outdoor clothing, to avoid bringing dirt and sand onto the ice, as it dulls the blades and hinders learning.

MTK is not responsible for any lost, broken, or soiled clothing or gear during practice.

Skate Shops & Sharpening

A skater's most important piece of equipment is a good pair of skates. Quality brands such as Risport, Edea, Jackson, and Riedell are available at specialized shops like Lucky Skate, Pakilantie 95, 00670 Helsinki and Skate Shop, Malmin raitti 17, 00700 Helsinki. These shops offer both new and used skates. Skate sharpening is available at Lucky Skate, Skateshop, and ice rinks in Vuosaari and Herttoniemi.

On the Ice

Please do not enter the ice with gum or food in your mouth—remove them before class begins. It's also recommended to visit the toilet beforehand to avoid interruptions. Parents are not allowed on the ice but may observe from a distance, such as behind the glass doors or plexiglass. For safety and space, leaning on the rink barrier is not permitted during the lesson. The benches and team boxes are for skaters only, and may only be accessed with skates on to avoid bringing sand onto the ice.

At the start of the season, each skater will receive a colored ribbon from their coach, indicating their group. The ribbon is attached to the right skate or sewn onto the same area of the skate cover. This system helps especially younger skaters and coaches identify groups more easily.

Insurance and Skating Pass

The skating school pass entitles you to participate in figure skating school activities and is intended for skaters under the age of 15 who train 1-2 times a week. The pass does not entitle the holder to participate in competitions, but it does include Pohjola Sporttiturva insurance, which covers accidents during practice.

A valid skating pass is required to practise in a club that is a member of the Skating Federation. A parent or guardian must register with Suomisport in their own name and add the child as a participant. Registration is free of charge and must be done before the skating school starts. [Register for SuomiSport](#)

The club purchases skating school passes centrally, and individual skaters cannot buy a pass on their own.

Absences

There is no need to notify the club of absences. Missed sessions cannot be made up.



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Questions?

If you have any questions regarding skating school or if you're ready to progress, please don't hesitate to contact the skating school coordinator or your child's coach. Club staff will be happy to assist you!

HAPPY SKATING MOMENTS

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