

FAQ's & General Ice Skating Info:

- Ice Skating is for everyone. We have classes for all ages, levels and needs.
- It is cool in the rink. Wear light layers to stay warm.
- Wear gloves when you skate.
- Wear thin socks or tights under your skates.
- Your skate size should be the same or a little smaller than your shoe size.
- Girls should have their hair pulled back for skating.
- Helmets are optional.
- You should have your skates sharpened often. We suggest you get them sharpened if they have not been used for a long time. Then, maintain them with every 30-40 hours of skating. Higher-level skaters typically have their skates sharpened every 6-8 weeks.
- Rink Side offers skate sharpening for \$6.00.
- Private lessons are available to help skaters master a tough skill from their group lesson. Private lessons can also be taken in conjunction with your group lesson. They are meant to work together. Ask in the Guest Services Office about Private Lessons with one of our many professional, certified and insured instructors.
- Competitions are for everyone at all ages and levels. We participate in ISI Competitions, US Basic Skills Competitions, US Figure Skating Competitions, Synchronized Skating and Special Olympics Events. Start competing today!

Information can be found on the following helpful websites.

Rink Side Ice Arena: www.rink-side.com

The Ice Skating Institute: www.skateisi.org

US Figure Skating: www.usfigureskating.org

The Professional Skaters Association: www.skatepsa.com

Rainbo Sports Shop: www.rainbosports.com

Southport Skating Club: www.southportskatingclub.org



For More Info Call: (847) 856-1064



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