



SportQuest Skating Academy Learn to Skate FAQ

What health and safety measures do you have in place currently?

We follow Parade Ice Garden's safety guidelines. Our classes are small to permit a lower skater to coach ratio. All SQSA coaches are fully vaccinated.

What do I need to bring to class?

Mittens/gloves, socks, and a hat. **Helmets are required for all Tot and Pre-Alpha skaters** (bike helmets work). Dress in loose, warm layers. Most Tots and PreAlpha skaters prefer to wear snow pants to keep them warm & dry and for a little extra padding. No skates with double blades. Hockey sticks and equipment are not needed. If you have your own hockey or figure skates, use soft "soakers" and hard, plastic guards to protect them. Wipe the blades off with a rag/towel. Store skates in the soakers. Walk on them in the hard guards. Do not store your skates in the hard skate guards; they will rust.



How should skates fit?

Snugly, like a glove. Make sure they are laced fully with strong ankle support. When purchasing used skates, look for rust-free blades and stiff boots (not broken down).

How should I prepare for class?

If you have skates, try them on and practice lacing ahead of time. We do not have staff to help tie skates or adjust equipment/masks. Plan to arrive 10-15 minutes before class time to get ready.

How do I know if I am in the correct level?

Class descriptions are [listed here](#). Students are evaluated on the first day to assure correct placement and again toward the end of the session. This evaluation includes a recommendation for which level to sign up for next. Skaters may be moved mid-session by our instructors to a more suitable level where appropriate.

I didn't pass into the next level after my first evaluation -- what now?

Each class presents a progression of cumulative skills which require practice and strength. It's common for students to remain in the same level before mastering all the maneuvers. Skaters wanting to fast track are encouraged to register for back-to-back classes or to practice weekly outside of class.

Where can I get skates of my own? Where can I get skates sharpened?

Check out the following local retailers: Play It Again Sports, Strauss Skates, Westwood Sports, General Sports. We recommend figure skates be sharpened only at retailers or with Fred Bartick: bartick16@juno.com

What kind of skating do you teach?

We teach recreational ice skating, figure skating and hockey. Skating is a lifelong sport for athletes of all ages.

What's the difference between Parade, SQSA and LTS?

Parade Ice Garden is the rink where our skating classes are held. SportQuest Skating Academy trains athletes interested in figure skating training specifically. Learn-to-Skate SQSA is our skating school for all skaters.

What sets SQSA Learn-to-Skate apart from other programs?

Our instructors and curriculum are certified by the Ice Sports Industry (ISI). SQSA offers both U.S. Figure Skating and ISI training, which most private clubs do not. As our mission states, we create a supportive environment that encourages athletes to apply their experiences, skills and self-discipline to become an invaluable part of society.