

Skating school info package

Welcome to Jyväskylän Taitoluisteluseura's skating school!

We have four skating school groups: **blue's**, **yellow's**, **red's** and **violet's**. Skating school is training **once a week on ice and once a month off-ice**. On ice we train through play, for example falling and getting up, skating forward and backwards, spirals, jumping and spinning. Off-ice we focus on motor skills, movement stability and balance, mobility and things specific to skating never forgetting play. In skating school we also train to work in a group, communication skills and consideration of others. For us every skater is important and unique!

Equipment:

- skates (guards)
- helmet
- warm and stretchy clothes, which can be easily taken off. Sometimes we get really warm on ice too. :)
- water bottle for off-ice
- you can have inside shoes for off-ice but you manage just fine without them

Other considerations:

- change of skates happens in a dressing room near to minijää
- long hair should be tied for safety reasons
- remember to go to the bathroom before training
- do not eat chewing gum during training
- you can have little healthy snack with you between ice and off-ice

Training places:

Skating schoolers train mainly at LähiTapiola Areena "minijää" but sometimes we have to move to another location because of ice hockey games, tournaments or other events. I always inform about changes separately.

LähiTapiola Areena, Rautpohjankatu 10, 40700 Jyväskylä
Hippoksen Harjoitusjäähalli, Hippoksenraitti 6, 40700 Jyväskylä
Buugi Liikunta- ja Hyvinvointikeskus, Sykeraitti 7, 40630 Jyväskylä

Off-ice training locates at LähiTapiola Areena off-ice hall "peilisali".

Skating school parent's meeting will be arranged on October, I will send more information closer!

If you have anything on your mind, please contact me 😊

Contact details of the responsible coach

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Perusopetus- ja harrastajaryhmien vastuvalmentaja,
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