



LAKE REGION FIGURE SKATING CLUB

LEARN TO SKATE PROGRAM



LRFSC Families,

Thank you for registering your skater(s) for our Learn to Skate (LTS) program! We're excited to welcome you to a new season of fun, growth, and skill development on the ice.

Our Learn to Skate Program's head coaches this season are Coach Nicole McIvor and Coach Carmen Lundquist.



First Day of Learn to Skate Classes:

Classes are held every Sunday afternoon and Wednesday evening throughout the season. Session one runs October 22 through December 21, 2025. Session two runs January 4 through February, 2026 (our annual ice show preparation runs February 22 through March 15, 2026 with the shows on March 21 & 22, 2026).

The first class will serve as an **evaluation day**, where coaches will assess each skater's skills to ensure they're placed in the most suitable group. If any adjustments are needed, we'll communicate those directly with you.

Please take a few minutes to read through this packet carefully. Inside, you'll find:

- Ice layout
- Day-one protocol and viewing policies
- Equipment and skate-fit tips
- Other helpful information to get your skater (and you) ready for the season



Session Specific Information:

- Official First Day Session 1: Wednesday, October 22, 2025
- Official First Day Session 2: Sunday, January 4, 2026
- Class times can be [found here](#)
- Class rosters can be [found here](#)

If you have any questions, please don't hesitate to reach out anytime at lrfscskatingdirector@gmail.com. We're excited to have your family join us at the rink and be part of our skating community.

Thank you,

Mallory Jevning
Skating Director

lrfscskatingdirector@gmail.com | 701-351-6946

www.lrfskating.com/learntoskate



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Our Curriculum

Lake Region Figure Skating Club's Learn to Skate program is a Learn to Skate USA sanctioned program, which means we follow the nationally endorsed Learn to Skate USA curriculum used by successful programs across the country.

Our curriculum progresses from Snowplow Sam to Basic Skill/Hockey and then to Freeskate, allowing skaters to advance through clear and measurable skill levels.

The Progression

Participants with little to no skating experience — typically ages 3–5 — begin in Snowplow Sam 1 (all skaters must be at least three years old to enroll). Once they have mastered the skills for their level, they will advance to Snowplow Sam 2.

- **Progression continues as follows:**
Snowplow Sam 3 → Snowplow Sam 4 → Basic 1/2 → Basic 3 → Basic 4 → Basic 5 → Basic 6 → Pre-Freeskate → Freeskate 1–6.
- Skaters age 5 and older who are new to skating typically begin with Basic 1.

We also offer a **Hockey progression** (Hockey 1–4) designed specifically for young players to develop strong skating fundamentals before advancing into hockey programs. Hockey skaters can take these classes before they join organized hockey and/or *while they are participating in organized hockey!*

Ice Layout

- Classes typically take place on the **far side of the ice**, which will be coned off for lesson areas.
- Only skaters enrolled in the class are permitted inside the class area with the coaches.
- The remaining portion of the ice is open for **"Family Skate"** — a time for all registered Learn to Skate skaters to practice freely, similar to an open-skate environment.

Check-In: Before taking the ice, all skaters (class participants and recreation only) must **check in at the rinkside table**.

Learn to Skate Rules

To ensure a safe and fun environment for everyone:

- Only **registered skaters/registered families** and **LTS coaches** are allowed on the ice during Learn to Skate / Family Skate sessions.
- **No walkers, chairs, shoes, food, sticks, or pucks** are permitted on the ice.
- **Helmets are required** for all Snowplow Sam skaters and Basic 1 skaters (please bring your own).



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- Parents and families may watch from the bleachers or behind the glass — please avoid standing in player or penalty boxes.

Skate Care & Equipment

A properly fitted skate is **essential** for your skater’s success. Skates should be snug, **tied tightly**, and supportive. Coaches are typically managing multiple skaters at once and will not be able to re-tie skates during classes.

Quick Tips:

- **Shoe size ≠ skate size.** Skate sizes are usually smaller!
- *Avoid buying skates that are too big with the idea your skater will “grow into them.” A snug, supportive fit is essential for safety and progress.*
- Skates should fit snugly; heels should not move inside the boot.
- The boot should be firm and supportive. While the ankle will naturally bend, the boot itself should **hold its shape** and not collapse when flexed.
- **Keep blades sharp!** Dull blades make learning difficult and can hinder progress.

What to Do on Day One (and Every Day After)

- **Arrive early!** We recommend arriving at least **15 minutes before class** to allow enough time to get ready.
- Get your child ready in the lobby — skates and helmets on before heading to the ice (coaches are not available to assist with skates).
- **Check in** and grab a name tag at the check-in table.
- When it’s almost time for your child’s class, they should begin lining up next to the cones by the music box. Coaches will organize groups and bring skaters into the coned area for their class. Class names may not always be called out.

Snowplow Sam 1& 2 Classes

Because this group includes our **youngest and newest skaters**, for the first two days of class (for both session one and session two) we will start **off-ice (with skates on)** to help skaters learn how to stand up and move safely before stepping onto the ice.

Meet your coaches by the **Zamboni area for Days 1 and 2**, for all Snowplow Sam 1 & 2 Classes!

Evaluation – Day One

The first day of class (for each session) will also serve as an **evaluation day**. Classes will run as scheduled, but if our coaches feel a skater would be better suited in another level or time, adjustments may be made after day one. If your skater’s class changes, you will receive an email update.



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Testing

The two final days of each session is our “**Testing**”. Each skater will be evaluated by the coaching team to determine readiness for the next level.

- Skaters may either **advance** to the next level (if registered for the next session) or **repeat** their current level for additional skill development.
- A make-up testing opportunity is available for those who miss their scheduled testing day.

*Please remember: repeating a class level is **completely normal** — skating skills build on each other, and mastering the fundamentals ensures long-term success and confidence.*

Frequently Asked Questions

Who are the coaches?

Nicole McIvor and Carmen Lundquist are the head Learn to Skate coaches. We will also have Jr. Coaches assisting our head coaches.

Where are classes held?

Burdick Arena — 501 16th St NW, Devils Lake, ND 58301

What level is my child in?

Please refer to the class rosters for level placement. Many skaters’ levels are already determined from last season’s testing. If your child did not test previously, we will evaluate them on **Day 1** to determine the appropriate class and ensure proper placement.

What equipment does my skater need?

- **Skates:** Either figure skates or hockey skates.
- **Helmet:** Any type (hockey, bike, or skateboard).
- **Clothing:** For our **youngest skaters** (Snowplow Sam levels), dress warmly — similar to outdoor play — with a jacket, snow pants or warm sweatpants, and mittens or gloves (we **WILL** be on the ice with our hands and knees)! For **older skaters**, please avoid bulky snow pants so coaches can better see posture and movement. **Layers are great** and can be adjusted as skaters warm up.
- **Optional protection:** Knee and elbow pads are very helpful for new skaters.

Can my child make up a missed class?

Unfortunately, no. Due to limited ice availability, make-up lessons are not offered.

What if my child can only attend classes on a Sunday?

No problem, just let our coaching team know. Be aware that your registration fee does not change if this applies to you.

Can my child skate before or after their class time?

Yes! That's exactly what our **Family Skate** time is for. Skaters are welcome to practice and enjoy the ice — just be sure to stay outside of the coned-off class areas.

If a class is cancelled due to unforeseen circumstances (like a blizzard), will it be rescheduled?

No, classes cancelled due to weather or other unforeseen issues will not be made up, as our ice schedule is limited.

What's the minimum age to participate in the Learn to Skate program?

Skaters must be at least 3 years old by the first day of class.

Can others still register?

- Session One registration closes October 19, 2025.
- Session Two registration opens December 1, 2025 and closes on December 29, 2025.
 - *If you registered for the full season, you're all set — no further action is needed for Session Two!*

My friend missed registration — can they still sign up?

Skaters who miss registration can be added to our waitlist. We review waitlisted skaters on a case-by-case basis. If space allows and we aren't too far into the session's curriculum, we may be able to welcome additional skaters. If the class is full, they'll remain on the waitlist and be contacted if an opening becomes available. Our waitlist is available on our registration page on our website: www.lrskating.com.

Who do I contact if I have questions?

Please reach out to **Mallory Jevning**, Skating Director, at lrfcskatingdirector@gmail.com.

Where is the schedule?

We keep our website up-to-date! Please check www.lrskating.com/learntoskate for links to our class rosters, class times, testing information, etc! For our club calendar, including special events, the most up-to-date resource is the website's calendar. It is maintained and kept up to date at all times.

Last minute reminders - how do I get them?

We use the **Band App** for important updates and last-minute reminders. Parents are responsible for joining the app and turning **notifications ON** to stay informed. Please join using the link provided.

<https://band.us/@lrfsclearntoskate>

