



ICE SKATING AT THE RECPLX TIPS



WEAR THINNER, LONG SOCKS FOR A BETTER SKATE FIT.

DRESS APPROPRIATELY SUCH AS SWEATPANTS OR ATHLEISURE-WARE. SNOW PANTS CAN BE BENEFICIAL FOR KIDS BUT ARE NOT REQUIRED.

WEARING GLOVES, ESPECIALLY FOR BEGINNERS, IS A GOOD IDEA.

FOR 4 YEARS AND UNDER, A HELMET IS RECOMMENDED. BIKE HELMET IS FINE.

SKATE AIDS ARE AVAILABLE AT THE RINK ON A FIRST COME, FIRST SERVE BASIS.

RECREATIONAL SKATES (SIMILAR TO FIGURE SKATING) WILL BE TRUE TO SIZE. HOCKEY SKATES WILL BE 2 SIZES SMALLER THAN SHOE SIZE.

