



Toe Pick Talk



Save the Date!

- December 17: Holiday Exhibition
- January 7/8: Show Rehearsal Begins



SNHSC Bridge, Blue or Gold Members are invited participate in Skater Spotlight! Head over to the SNHSC website (under the NEWS tab) and complete the skater spotlight form!
snhsc.com/news.html#/

Skating 101: Head Safety

All skaters aged 7 and under are required to wear a helmet. The Club encourages all skaters to consider the safety of their head when skating.

Helmet Tips: Wear helmet low in front to protect forehead • Fasten buckle and check strap adjustment often • Replace your helmet immediately if it shows any visible signs of damage • Clean helmet with mild soap/water only • Store helmet in a cool dry place.

More information on helmets can be found on Learn to Skate's website: learntoskate.com/media/1208/helmets.pdf

Head Safety for All!!!



While helmets are a great option, for skaters over the age of 7, there are various headbands and hats that provide protection in the event of a fall. Check out the following sites:

- Crasche Band (pictured)** crasche.com
- Force Field:** forcefieldheadbands.com
- Ice Halo:** icehalo.ca

Bike Helmets are always a great option!

SOUTHERN NEW HAMPSHIRE SKATING CLUB

Sundays @ JFK

November 6, November 13, & December 19

10:30 - 10:45 a.m.: Figures

10:45 - 11:05 a.m.: High Test Dance (Pre-Silver - Gold)

11:05 - 11:20 a.m.: Low Test Dance (Prelim-Bronze)

11:20 - 12:35 p.m.: Freestyle

12:35 - 1:05 p.m.: Learn to Skate - Basic 3 - Freeskate 6

1:05 - 1:20 p.m.: Practice Ice

1:25 - 1:50 p.m.: Learn to Skate: Tots - Basic 2 & Adults

November 20 - December 12

10:30 - 10:45 a.m.: Figures

10:45 - 11:05 a.m.: High Test Dance (Pre-Silver - Gold)

11:05 - 11:20 a.m.: Low Test Dance (Prelim-Bronze)

11:20 - 12:35 p.m.: Freestyle

12:35 - 1:05 p.m.: Learn to Skate - Basic 3 - Freeskate 6

1:05 - 1:20 p.m.: Practice Ice & Exhibition Prep

1:25 - 1:50 p.m.: Learn to Skate: Tots - Basic 2 & Adults

Mondays @ JFK

Mondays are club night!

November 7 - November 21

6:20 - 7:50 p.m.: Freestyle

November 28 - December 19

6:40 - 8:10 p.m.: Freestyle

Thursdays @ JFK

November 3 - November 17

6:30 - 7:40 p.m.: Freestyle

December 1 - December 22

6:40 - 7:40 p.m.: Freestyle

Saturdays @ Ice Den

November 5 - November 19

8:00 - 9:20 a.m.: Freestyle

9:20 - 9:45 a.m.: Dance

9:45 - 10:05 a.m.: Power & Edge

10:15 - 10:45 a.m.: Learn to Skate

10:45 - 11:00 a.m.: Practice Ice

November 26 - December 17

8:00 - 9:20 a.m.: Freestyle

9:20 - 9:40 a.m.: Dance

9:40 - 9:55 a.m.: Power & Edge

9:55 - 10:10 a.m.: Exhibition Prep

10:15 - 10:45 a.m.: Learn to Skate

10:45 - 11:00 a.m.: Practice Ice



HOLIDAY WREATHS FUNDRAISER

Pick up catalog at the check in table

All orders are online

www.threeriversfundraising.com

Enter Group code: 4C8FDF

When: October 22 - November 20

Pickup: Ice Den 12/3 or JFK 12/4

Any questions contact Mrs Feeney

603-660-8303

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Did you know...?

- ✓ **The SNHSC website provides links for registration and detailed information. Check out the News & Events tab!**
- ✓ **Questions can be submitted to snhsc@yahoo.com. We may feature your question in an upcoming newsletter! (anonymously, of course!)**



[Home](#) [Ice Schedules](#) [Programs](#) [News & Events](#)

JFK Coliseum
303 Beech Street
Manchester, NH

Ice Den Arena
600 Quality Drive
Hooksett, NH

* SNHSC Members, SNHSC Learn to Skate skaters, & skaters who work with SNHSC coaches are welcome.

November 13, 2022