

## What to Wear

Clothing should be warm, comfortable, and allow for easy movement. Dressing in layers is recommended.

### For Pre-CanSkate and CanSkate 1-6

Suggested options include:

- Slush pants or windbreaker pants over comfortable bottoms like track pants or yoga pants
- Snow pants (as long as they are not too bulky)
- A warm jacket (not long or bulky), sweater, or fleece

### For Teen/Adult Learn to Skate

- Skating dresses, skirts, yoga pants, and leggings made of stretchy material (no jeans or restrictive streetwear). Dresses must be worn with appropriate skating tights or bottoms.
- Fitted sweaters or zip-up tops that do not fall below the hips

**Warm mittens or gloves are essential.**

**DO NOT** wear jeans and scarves, as they restrict movement and are unsafe.

