

Welcome to Helsinki Ringette's ringette and skating school!

For our ringette teams, fall marks the end for off-season and summer practises and the return to the cooler climates of ice rinks around Helsinki. Fall also means that our ringette school begins!

Helsinki Ringette Skating and Ringette School is for children aged 3–12 to learn the basics of skating and practice the skills needed in ringette. Our goal is to create a warm and encouraging environment where you can experiment, try, succeed and fail free of worry. In the spring, we participate in a light-hearted tournament.

In our ringette school, you can flexibly move from one level group to another, and from there to team activities as skills accumulate and interest grows.

The whole of September is now free at ringette school! Participating in the five free practise sessions does not bind you to season fees.

The price for the autumn season is 59€ (+ringette license 15–28€). The autumn season continues until December 14th.

When and where:

At Malmi Indoor Ice Rink on Saturday mornings starting September 7th 2024 from 11:00 to 12:00 o'clock.

We recommend showing up at the ice rink 15 minutes before the start of practice, so that there is plenty of time to change equipment and chat with other parents and the instructors.

We mostly work in groups on the ice, so that each child gets to do things suited for their skill level. Arrangements within the groups can be made if needed.

After September, a child continuing in skating school must obtain a ringette license. You can buy a license either with or without insurance. The children are not insured by the club. The ringette license is purchased via the Suomisport.fi website. We can also give instructions on buying the license in the locker room.

Join in and see if our thing would be your thing, too!

Register your child in our club's MyClub system via the link below. By filling in the required information, you will create an account for your child, which you can then use to register them for events at the ringette school. Alternatively, you may simply show up at

the rink on time! If you have any questions, please contact the principal of the ringette school (e-mail below).

You can create a MyClub account and register for the ringette and skating school [here](#).

See you at the rink!

Paula Mikkola, Principal of ringette school (ringettekoulu@helsinkiringette.fi)

What do you need for ringette school?

The two most important pieces of equipment that are obligatory for all participants, children and instructors alike, are the **helmet** and a pair of well-fitting [skates](#). Along with those, a water bottle and clothing appropriate for sports are important: gloves, a light jacket and a pair of water-resistant pants. It's usually not too cold in the ice rink, therefore a more lightweight or breathable coat is a better choice.

When trying out ringette school, no fancy equipment is needed. In the beginning a bicycle helmet and skates, either practise skates or ones meant for figure skating or ice hockey, will do just fine! However, continuing in the ringette school we do recommend investing in equipment intended for ringette/ice hockey, since they are specifically made to endure and give proper protection in our sport. Hockey skates will help you learn the sport easier. On top of the mandatory/important equipment we recommend a neck protector, knee pads and a cage/visor (attached to a hockey helmet). These are purchases that can be made later.

A ringette stick and all other possible equipment that we use can easily be borrowed from the club!

Ringette is a skating-based team sport that's become popular not only in its home country Canada but also here in Finland. Helsinki Ringette, alongside many other clubs, has teams for all ages, starting from the youngest junior team up until our varsity team that's been successful playing in the national league these past few years. Like in many sports, our teams are divided by age, and usually each team has two subgroups playing in their own divisions. To learn more about ringette as a sport and ringette in Finland, check out the website of the Finnish ringette association [here](#) (unfortunately the website is currently only available in Finnish).

