

Etobicoke York District Spring and Summer 2012

Skate



Lace them up, get on the ice and Skate!

Whatever your age, it's never too late to learn this fun activity. Instructional skating programs are available for beginners and more accomplished skaters alike. Beginner-type programs, power skating and learn to play hockey programs are offered in many areas. Children, youth and adults participating in these activities are required to wear CSA approved hockey helmets when on the ice. Face masks and neck guards will be required for certain programs. Review chart and program descriptions carefully. Specific requirements and prerequisites for the instructional skating programs are described in the following section.

Ice Permits

For information on ice rates visit toronto.ca/parks/permits

City of Toronto Photography Policy

Patrons wishing to use cameras, video cameras or other photographic devices must receive permission from staff before filming. The use of photographic devices, cameras, video cameras, camera cell phones and PDA's are prohibited in all change rooms and washrooms in Parks, Forestry & Recreation facilities.

Toronto Learn to Skate Curriculum

The Toronto Learn to Skate curriculum is designed to guide skaters through a five-level technical skills progression that takes them from those first nervous steps on the ice to a striding and gliding confident skater. At the end of the season, participants will receive a progress report.

What to wear

Skates

Proper fitting lace-up single blade skates are required. Bobskates, double bladed skates and speed skates will not be permitted on the ice. Purchase skates one size smaller than shoe size. New skates do not come sharpened and will require sharpening prior to the first class. Shoes are not to be worn on the ice.

Clothing

Wear warm comfortable clothing that's easy to move in. i.e. warm, water resistant pants, non-bulky jackets and warm gloves. Shorts will not be permitted on the ice.

CSA Approved Hockey Helmets



Instructional Skating

All participants in Caregiver & Tot, Preschool, Learn to Skate Levels 1-5, Learn to Skate Youth and Learn to Skate Adult programs must wear a CSA approved hockey helmet with all helmet straps. It is also mandatory for all Caregiver & Tot and Preschool participants to wear a full face mask. Broken helmets, bike, utility helmets are not acceptable and will not be permitted on the ice. Mouth guards and neck guards are strongly recommended for all participants.

Hockey Programs–Children

CSA approved hockey helmets with full face mask and neck guards are mandatory for all preschoolers, children and youth who participate in hockey, power skate and supervised shinny programs. Mouth guards are strongly recommended.

Hockey Programs–Adults

CSA approved hockey helmets are mandatory for adult hockey, power skating and supervised shinny programs. One-half or full face mask, neck guards and mouth guards are strongly recommended.

Skating Safety Equipment Requirements

M = Mandatory SR = Strongly Recommended
R = Recommended

	CSA Approved Hockey Helmet	Full Face Mask	Neck Guard	Mouth Guard
Hockey Program				
Preschool	M	M	M	SR
Children (6-12 yrs)	M	M	M	SR
Youth (13-18 yrs)	M	M	M	SR
Adult (19 yrs+)	M	SR	SR	SR
Power Skate				
Preschool	M	M	M	SR
Children (6-12 yrs)	M	M	M	SR
Youth (13-18 yrs)	M	M	M	SR
Adult (19 yrs+)	M	SR	SR	SR
Learn to Skate				
Preschool	M	M	SR	SR
Children (6-12 yrs)	M	SR	SR	SR
Youth (13-18 yrs)	M	SR	SR	SR
Adult (19 yrs+)	M	SR	SR	SR

Program Information

- Participants may not be able to be relocated if they select an incorrect level. Please read class description carefully.
- Parents/guardians are requested to remain at the facility during lessons.
- There will be no age overrides.
- When registering for levels 2-5, a participant must have passed the preceding level to the level being registered for. Proof of passing will be requested on the first day of the session. Participants will be assessed the first day and if there is no proof of passing a preceding level then the participant will only be put in the appropriate level if that class is not full.
- Due to limited capacity, a participant is entitled to only one instructional Learn to Skate program/per location/per season.

Parent/Caregiver & Tot Skate

(2-5 yrs)

- One adult must accompany each child enrolled.
- Adult must have a competent skating ability and be present on the ice to assist their child for the entire class.
- Learning is focussed through the caregiver to ensure comfort, communication and extra safety.
- All participants (including parent/guardian) must wear skates while on the ice.
- It may be required for the caregiver to also wear a CSA approved hockey helmet with all helmet straps attached.
- Class includes basic skating skills with a warm up, group lesson and games.

Learn to Skate: Preschooler

(4-5 yrs)

- Previous participation in a Parent/Caregiver and Tot Skating Lesson is recommended.
- Child must be capable of going on the ice alone.
- Child should be able to stand and walk on skates with straight ankles off the ice.
- At the first class, the instructor will do an assessment of your child's skating ability. Your child may be placed in a more appropriate level, if required.
- Caregivers are not permitted on the ice.
- Class includes basic skating skills with a warm up, group lesson and games.

Level 1

- Balance and posture, march and turn, touch toes.
- Skating using alternating feet, gliding, introduction to stopping and backwards stepping.

Prerequisite: Caregiver & Tot or must be capable of going on the ice alone.

Level 2

- Skating using alternating feet, hopping on two feet, T/V/L push offs, gliding and stopping, forward double sculling, backwards skating and stopping.

Prerequisite: Preschool Level 1

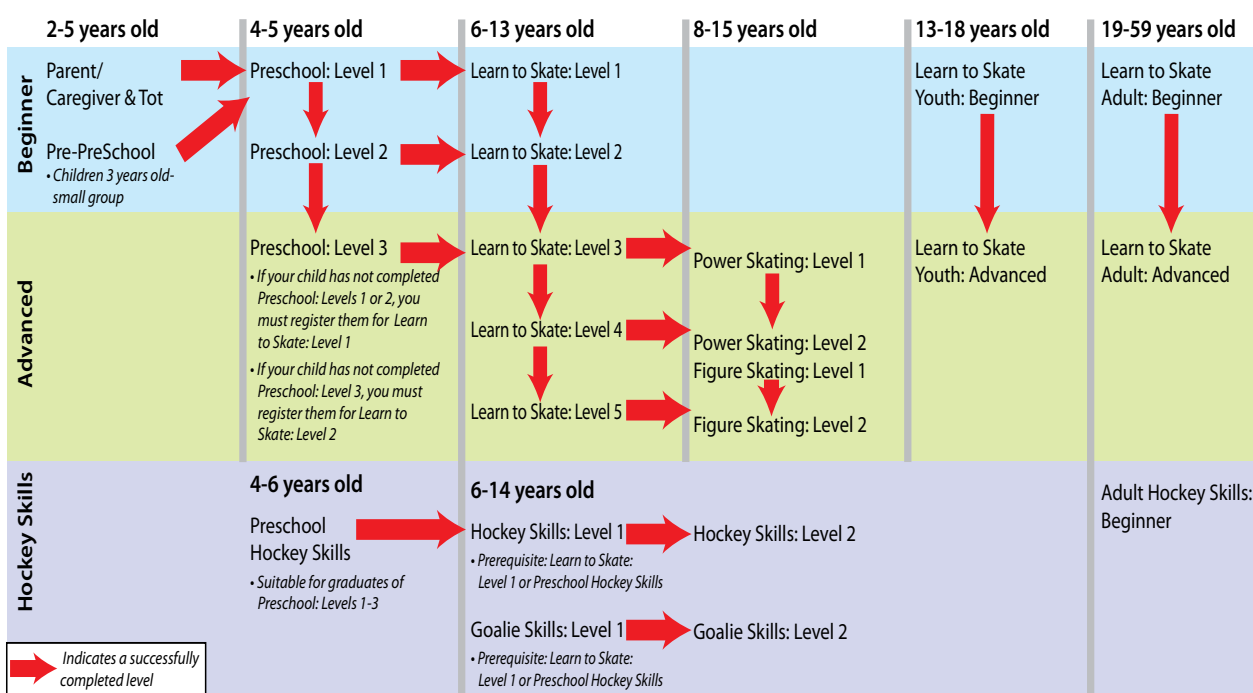
Level 3

- Gliding on one foot, inside and outside edges, backwards skating, walking cross steps, forward circle thrusts, cross cuts, turning forwards to backwards and one foot stops.

Toronto Learn to Skate: Levels 1-5

- Ages 6-12 years.
- Classes include a group warm up, instructional lesson and individual free skate time.
- Participants complete one level before moving on to the next.

Instructional Skating Flow Chart: Parent & Tot, Preschool, Learn to Skate, Hockey Skills, Power Skating, Figure Skating



Level 1

- Development of balance and posture
- Introduction to forward skating, gliding, stopping and backward skating
- Level 1 is for participants who are new to skating and are unable to skate the width of the ice surface with a glide. Participants should be able to stand and walk on skates with straight ankles off the ice.

Level 2

- Development of forward gliding, stopping, backward skating
- Introduction to one foot glides and backward gliding
- Successful completion of Level 1 and the participant can skate (with a glide) the length of the ice without falling.

Level 3

- Development of backward stopping, backward gliding and edges
- Introduction to cross-overs, slalom skating, 2 foot turns
- Successful completion of Level 2 and the participant is able to glide on one foot, skate backwards and stop.

Level 4

- Development of cross-overs, backward stopping
- Introduction to one foot turns, backward circle thrusts
- Successful completion of Level 3 and the participant has strong backwards skating and stopping ability.

Level 5

- Development of backward cross-overs, forward edges, skill combinations
- Introduction to parallel stopping, backward edges and turns
- Successful completion of Level 4 and the proficient skating ability. Participant is able to perform forward cross-overs, forward inside edges, 3-turns.

Learn to Skate – Adult (19-59 yrs)

- These courses are introductory/beginner level for adults. Emphasis is placed on basic skills and on ice confidence for new skaters.

Learn to Skate Adult: Beginner

- Class includes; basic skating skills, starting, stopping, gliding turning and balance.

Learn to Skate Adult: Advanced

- Class includes; forward and backward skating, turns, advanced stopping skills, edges and cross cuts.

Skate Lessons: Spring

CENTRAL ARENA

44 Montgomery Rd, 416-338-4386

Day	Time	Start	Code
Learn to Skate with Caregiver 2-5 yrs \$33/8 wks			
Mon	6:15PM-6:45PM	Mar 19	1895752
Mon	6:45PM-7:15PM	Mar 19	1895753
Preschool Skate: Level 1 4-5 yrs \$33/8 wks			
Mon	6:15PM-6:45PM	Mar 19	1895754
Preschool Skate: Level 2 4-5 yrs \$33/8 wks			
Mon	6:45PM-7:15PM	Mar 19	1895755
Preschool Skate: Level 3 4-5 yrs \$33/8 wks			
Mon	6:45PM-7:15PM	Mar 19	1895756
Learn to Skate: Level 1 6-13 yrs \$33/8 wks			
Mon	7:15PM-8PM	Mar 19	1895749
Learn to Skate: Level 2 6-13 yrs \$33/8 wks			
Mon	7:15PM-8PM	Mar 19	1895762
Mon	8PM-8:45PM	Mar 19	1895763
Learn to Skate: Level 3 6-13 yrs \$33/8 wks			
Mon	8PM-8:45PM	Mar 19	1895757
Learn to Skate: Level 4 6-13 yrs \$33/8 wks			
Mon	8:45PM-9:30PM	Mar 19	1895761
Learn to Skate: Level 5 6-13 yrs \$33/8 wks			
Mon	8:45PM-9:30PM	Mar 19	1895759
Learn to Skate Adult: Beginner 19-59 yrs \$49/8 wks			
Mon	8:45PM-9:30PM	Mar 19	1895764
Learn to Skate Adult: Advanced 19-59 yrs \$49/8 wks			
Mon	8:45PM-9:30PM	Mar 19	1895765

DOWNSVIEW ARENA

1633 Wilson Ave, 416-338-4386

Day	Time	Start	Code
Learn to Skate with Caregiver 2-5 yrs \$26/7 wks			
Wed	5:30PM-6PM	Mar 7	1889656
Preschool Skate: Level 1 4-5 yrs \$26/7 wks			
Wed	5:30PM-6PM	Mar 7	1889657
Preschool Skate: Level 2 4-5 yrs \$26/7 wks			
Wed	5:30PM-6PM	Mar 7	1889658
Learn to Skate: Level 1 6-13 yrs \$34/7 wks			
Wed	4:30PM-5:30PM	Mar 7	1889648
Learn to Skate: Level 2 6-13 yrs \$34/7 wks			
Wed	4:30PM-5:30PM	Mar 7	1889651
Wed	6PM-7PM	Mar 7	1889652
Learn to Skate: Level 3 6-13 yrs \$34/7 wks			
Wed	6PM-7PM	Mar 7	1889653
Learn to Skate: Level 4 6-13 yrs \$34/7 wks			
Wed	6PM-7PM	Mar 7	1889655