

# North 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](http://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
<b>Hockey Program</b>				
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
<b>Power Skate</b>				
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
<b>Learn to Skate</b>				
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 (3-5 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 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.

## Skate Lessons Spring

### CUMMER PARK CC

6000 Leslie St, 416-395-0208



Day	Time	Start	Code
<b>Learn to Skate with Caregiver</b>			
	3-5 yrs	\$35/4 wks	
M/Tu	3:15PM-4PM	Mar 26	1929663
<b>Learn to Skate Preschool</b>			
	4-5 yrs	\$35/4 wks	
M/Tu	4PM-4:30PM	Mar 26	1929666
<b>Learn to Skate: Level 1</b> 6-12 yrs \$35/4 wks			
M/Tu	4:30PM-5:15PM	Mar 26	1929656
<b>Learn to Skate: Level 2</b> 6-12 yrs \$35/4 wks			
M/Tu	4:30PM-5:15PM	Mar 26	1929648
<b>Learn to Skate: Level 3</b> 6-12 yrs \$35/4 wks			
M/Tu	5:15PM-6PM	Mar 26	1929659
<b>Learn to Skate: Level 4</b> 6-12 yrs \$47/4 wks			
M/Tu	5:15PM-6PM	Mar 26	1929651
<b>Learn to Skate: Level 5</b> 6-12 yrs \$47/4 wks			
M/Tu	5:15PM-6PM	Mar 26	1929652

### PLEASANTVIEW CC

545 Van Horne Ave, 416-395-0208



<b>Learn to Skate Preschool</b>			
	4-5 yrs	\$33/4 wks	
W/Th	4:30PM-5PM	Mar 28	1929665
<b>Learn to Skate: Level 1</b> 6-12 yrs \$33/4 wks			
W/Th	5PM-5:45PM	Mar 28	1929658

*Pleasantview CC continues...*

Day	Time	Start	Code
<b>Learn to Skate: Level 2</b> 6-12 yrs \$33/4 wks			
W/Th	5PM-5:45PM	Mar 28	1929649
<b>Learn to Skate: Level 3</b> 6-12 yrs \$33/4 wks			
W/Th	5:45PM-6:30PM	Mar 28	1929660
<b>Learn to Skate: Level 4</b> 6-12 yrs \$45/4 wks			
W/Th	5:45PM-6:30PM	Mar 28	1929661
<b>Learn to Skate: Level 5</b> 6-12 yrs \$45/4 wks			
W/Th	5:45PM-6:30PM	Mar 28	1929662

### VICTORIA VILLAGE CC

190 Bermondsey Rd, 416-395-0208

<b>Learn to Skate with Caregiver</b>			
	3-5 yrs	\$33/4 wks	
Tu/F	3:15PM-4PM	Mar 27	1929664
<b>Learn to Skate Preschool</b>			
	4-5 yrs	\$33/4 wks	
Tu/F	4PM-4:30PM	Mar 27	1929667
<b>Learn to Skate: Level 1</b> 6-12 yrs \$33/4 wks			
Tu/F	4:30PM-5:15PM	Apr 3	1929657
<b>Learn to Skate: Level 2</b> 6-12 yrs \$33/4 wks			
Tu/F	4:30PM-5:15PM	Apr 3	1929650
<b>Learn to Skate: Level 3</b> 6-12 yrs \$33/4 wks			
Tu/F	5:15PM-6PM	Apr 3	1929655
<b>Learn to Skate: Level 4</b> 6-12 yrs \$45/4 wks			
Tu/F	5:15PM-6PM	Apr 3	1929653
<b>Learn to Skate: Level 5</b> 6-12 yrs \$45/4 wks			
Tu/F	5:15PM-6PM	Apr 3	1929654

## 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 level.



### 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.

# Leisure Skate

## Lace them up, get on the ice and skate!

Leisure Skate Programs (Not all arenas/rinks offer all the following leisure programs). Check with the individual sites for their specific program information.

- Public Skate (all ages)
- Shinny Hockey
- Youth/Teen Skate (13-18 yrs)
- Caregiver & Tot Skate
- Adult Skate (19 yrs+)
- Family Skate (children & youth under 19 yrs) An adult must accompany.
- Older Adult Skate (60 yrs +)

**Helmet Policy:** Children under the age of six years must wear a CSA approved hockey helmet and all participants playing hockey must wear a CSA approved hockey helmet with a full face mask.

For a complete list of skating locations, leisure skate schedules and fees, visit [toronto.ca/skate](http://toronto.ca/skate)

Call **3-1-1**