Scarborough 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.htm

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 Requirements

- CSA approved hockey helmets with all helmet straps attached are mandatory for children, youth and adult learn to skate programs. Face masks are mandatory for preschoolers and highly recommended for all other participants. Bicycle and utility helmets are not acceptable. Skaters without CSA approved hockey helmets with all helmet straps attached will not be allowed to participate in this program.
- All skaters are required to supply their own skates. Double bladed skates are not allowed.
- New skates are to be sharpened before the first class.
- Please wear comfortable, easy to move in, warm and water resistant clothing including mitts or gloves.
- 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.

Caregiver & Tot Skate (3-5 yrs)

- Caregiver will assist the child in the orientation to the ice surface using the instructor's direction.
- Participants are taught basic skating skills through fun activities including games and songs.
- 30 minute session consisting of a warm up, group lesson, games and free skate.
- Caregiver must have a competent skating ability and be present on the ice to assist their child.
- Only one adult per skater.
- Children must wear a CSA approved hockey helmet with a full face mask.
- Adults are recommended to wear helmets.

Learn to Skate: Preschooler (3-5 yrs)

- For the beginner skater who is capable of going on the ice alone without the accompaniment of a caregiver.
- Children receive an orientation to the ice surface and learn the basics of skating through games and songs.
- 30 minute session that includes warm up, group lesson, songs and games.
- Child must wear a CSA approved hockey helmet with a full face mask.

Prerequisite: Child should be able to stand and walk on skates with straight ankles off the ice.

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.

Learn to Skate – Youth (13-18 yrs)

All youth participants must wear a CSA approved hockey helmet.

Learn to Skate Youth: Beginner

- For youth with little or no skating experience.
- Emphasis is placed on forward and backward skating, stopping and balance skills.
- Classes follow the Level 1 though Level 3 curriculum.

Learn to Skate Youth: Advanced

- Emphasis is placed on forward and backward cross-overs, one-foot turns and edges.
- Classes follow the Level 4 though Level 5 curriculum.

Adult

- Introductory program for adults who want to learn or improve basic skating skills.
- Participants are introduced to various skills including forward and backward skating, stopping and balance skills at their own pace.
- Skaters will be divided into groups according to their skating ability.
- All adults are required to wear a CSA approved hockey helmet.

Note: this is not an advanced skating program.

Figure Skating: Introductory

- Program is designed for youth who have taken Level 5 of the Learn to Skate program or equivalent skating experience.
- Participants are introduced to the various elements of figure skating including spins, jumps, footwork, dance and music choreography.

Hockey Programs

Note for Power Skating and Hockey Schools:

- Participants are assumed to have achieved a competent level of skating and hockey experience.
- CSA approved helmet with full facial protection and neck guard is mandatory.
- Full equipment is highly recommended.

Instructional Hockey

- Program is designed for participants that have achieved a competent level of skating and house league hockey experience.
- Improve basic skating, shooting, stick handling and passing.
- CSA approved hockey helmet with full facial protection and neck guards are mandatory.
- Full equipment is highly recommended.

Hockey Skate & Score

- Program is designed to prepare children for entry into house league hockey.
- It is an introduction to the basics including skating, passing and puck control.
- CSA approved hockey helmet with full facial protection and neck guards are mandatory.
- Full equipment is highly recommended.

Prerequisite: Child must be able to skate one width of the ice with a glide.

Note: This is not a Learn to Skate program. It is assumed that participants have achieved an introductory level of skating ability.

Adult Power Skating

- Instruction is provided in power development, power strides, starting, stopping, lateral mobility and power drills.
- CSA approved hockey helmets are mandatory.
- Full equipment including face mask and neck guard is highly recommended.

Adult Hockey School

- Program is designed to fit the needs of those participants who are involved in recreational hockey and aims to refine the skills which have been developed through playing.
- Full equipment including CSA approved hockey helmets are mandatory.
- Face masks and neck guards are highly recommended.

Speed Skating

- Program designed for youth who have taken Learn to Skate Level 2 or equivalent skating experience.
  Note: this is not a beginner skating program.
- Participants will be introduced to the basic fundamentals of short track speed skating including skill development and racing techniques.
- Participants must provide their own skates (hockey skates, speed skates or figure skates will be accepted).
- Participants must provide their own CSA approved hockey helmet, shinguards, knee pads, gloves and neck guard.

Note: program moved to Commander Park RC

Scarborough District's registration begins: SPRING–March 4, SUMMER–June 2

Skate Lessons: Spring

CENTENNIAL RC
1967 Ellesmere Rd, 416-396-4057

Day	Time	Start	Code
Learn to Skate Preschool 3-5 yrs	$35/9 wks		
Mon	9:45AM-10:15AM	Mar 26	1956020
Mon	9:15AM-9:45AM	Mar 26	1956012
Mon	10:30AM-11AM	Mar 26	1956014
Mon	1:30PM-2PM	Mar 26	1956013
Mon	2PM-2:30PM	Mar 26	1956015
Mon	2:30PM-3PM	Mar 26	1956016
Learn to Skate: Level 1 6-12 yrs	$35/9 wks		
Mon	4:30PM-5:15PM	Mar 26	1955997
Mon	5:15PM-6PM	Mar 26	1955996
Mon	6PM-6:45PM	Mar 26	1955998
Learn to Skate: Level 2 6-12 yrs	$35/9 wks		
Mon	4:30PM-5:15PM	Mar 26	1955999
Mon	5:15PM-6PM	Mar 26	1956000
Mon	6PM-6:45PM	Mar 26	1956001
Mon	7PM-7:45PM	Mar 26	1956002
Learn to Skate: Level 3 6-12 yrs	$35/9 wks		
Mon	4:30PM-5:15PM	Mar 26	1956003
Mon	5:15PM-6PM	Mar 26	1956004
Mon	6PM-6:45PM	Mar 26	1956005
Mon	7PM-7:45PM	Mar 26	1956006
Learn to Skate: Level 4 6-12 yrs	$69/9 wks		
Mon	5:15PM-6PM	Mar 26	1956007
Mon	6PM-6:45PM	Mar 26	1956008
Mon	7PM-7:45PM	Mar 26	1956009

Centennial RC continues...

Day	Time	Start	Code
Learn to Skate: Level 5 6-12 yrs	$69/9 wks		
Mon	6PM-6:45PM	Mar 26	1956010
Mon	7PM-7:45PM	Mar 26	1956011
Learn to Skate Youth: Beginner 13-18 yrs	$34/9 wks		
Mon	7PM-7:45PM	Mar 26	1956021
Learn to Skate Youth: Advanced 13-18 yrs	$61/9 wks		
Mon	7PM-7:45PM	Mar 26	1985382
Learn to Skate Adult 18 yrs+	$51/9 wks		
Mon	11AM-11:45AM	Mar 26	1955995
Mon	7:45PM-8:30PM	Mar 26	1955994
Hockey-Skate & Score 4-7 yrs	$69/3 wks		
Tu-Th	6:30PM-7:15PM	Apr 3	1955751

Centennial RC continues...

Day	Time	Start	Code
Hockey-Instructional 7-10 yrs	$69/3 wks		
Tu-Th	7:15PM-8PM	Apr 3	1955752
Hockey-Instructional 11-14 yrs	$69/3 wks		
Tu-Th	8:15PM-9PM	Apr 3	1955753

COMMANDER PARK RC
140 Commander Blvd, 416-396-4024

Day	Time	Start	Code
Learn to Skate Preschool 3-5 yrs	$33/6 wks		
Sat	1:45PM-2:15PM	Mar 17	1955822
Sat	2:15PM-2:45PM	Mar 17	1955821
Learn to Skate: Level 1 6-12 yrs	$33/6 wks		
Sat	11:30AM-12:30PM	Mar 17	1955768

Commander Park RC continues...

Day	Time	Start	Code
Learn to Skate: Level 2 6-12 yrs	$33/6 wks		
Sat	11:30AM-12:30PM	Mar 17	1955781
Sat	12:30PM-1:30PM	Mar 17	1955782
Learn to Skate: Level 3 6-12 yrs	$33/6 wks		
Sat	11:30AM-12:30PM	Mar 17	1955796
Sat	12:30PM-1:30PM	Mar 17	1955797
Learn to Skate: Level 4 6-12 yrs	$60/6 wks		
Sat	12:30PM-1:30PM	Mar 17	1955807
Learn to Skate: Level 5 6-12 yrs	$60/6 wks		
Sat	12:30PM-1:30PM	Mar 17	1955813

DON MONTGOMERY CRC
2467 Eglinton Ave E, 416-396-4043

Day	Time	Start	Code
Learn to Skate Preschool 3-5 yrs	$33/9 wks		
Sun	2PM-2:30PM	Mar 25	1955823
Sun	2:45PM-3:15PM	Mar 25	1955824
Learn to Skate: Level 1 6-12 yrs	$33/9 wks		
Sun	1:15PM-2PM	Mar 25	1955769
Sun	3:15PM-4PM	Mar 25	1955770
Wed	4:30PM-5:15PM	Mar 28	1955766
Wed	5:15PM-6PM	Mar 28	1955767
Learn to Skate: Level 2 6-12 yrs	$33/9 wks		
Sun	12:30PM-1:15PM	Mar 25	1955783
Sun	1:15PM-2PM	Mar 25	1955784
Sun	3:15PM-4PM	Mar 25	1955785
Wed	4:30PM-5:15PM	Mar 28	1955779
Wed	5:15PM-6PM	Mar 28	1955780
Learn to Skate: Level 3 6-12 yrs	$33/9 wks		
Sun	12:30PM-1:15PM	Mar 25	1955798
Sun	1:15PM-2PM	Mar 25	1955799
Sun	3:15PM-4PM	Mar 25	1955800
Wed	4:30PM-5:15PM	Mar 28	1955794
Wed	5:15PM-6PM	Mar 28	1955795
Learn to Skate: Level 4 6-12 yrs	$67/9 wks		
Sun	12:30PM-1:15PM	Mar 25	1955808
Wed	5:15PM-6PM	Mar 28	1955803

Don Montgomery CRC continues...

Day	Time	Start	Code
Learn to Skate: Level 5 6-12 yrs	$67/9 wks		
Sun	12:30PM-1:15PM	Mar 25	1955814

MALVERN CRC
30 Sewells Rd, 416-396-4054

Day	Time	Start	Code
Learn to Skate Preschool 3-5 yrs	$33/6 wks		
Tue	5PM-5:30PM	Mar 20	1955818
Learn to Skate: Level 1 6-12 yrs	$33/6 wks		
Tue	5:30PM-6:45PM	Mar 20	1955764
Learn to Skate: Level 2 6-12 yrs	$33/6 wks		
Tue	5:30PM-6:45PM	Mar 20	1955772
Learn to Skate: Level 3 6-12 yrs	$33/6 wks		
Tue	5:30PM-6:45PM	Mar 20	1955787

SCARBOROUGH VILLAGE RC
3600 Kingston Rd, 416-396-4048

Day	Time	Start	Code
Learn to Skate: Level 1 6-12 yrs	$33/5 wks		
Tu/Th	4:30PM-5:15PM	Mar 29	1955765
Learn to Skate: Level 2 6-12 yrs	$33/5 wks		
Tu/Th	4:30PM-5:15PM	Mar 29	1955773
Tu/Th	5:15PM-6PM	Mar 29	1955774
Learn to Skate: Level 3 6-12 yrs	$33/5 wks		
Tu/Th	4:30PM-5:15PM	Mar 29	1955788
Tu/Th	5:15PM-6PM	Mar 29	1955789
Learn to Skate: Level 4 6-12 yrs	$67/5 wks		
Tu/Th	5:15PM-6PM	Mar 29	1955802
Learn to Skate: Level 5 6-12 yrs	$67/5 wks		
Tu/Th	5:15PM-6PM	Mar 29	1955810
Hockey Skills/Power Skate 18 yrs+	$51/5 wks		
Thu	7:25PM-8:25PM	Mar 29	1955749
Thu	8:30PM-9:30PM	Mar 29	1955750
Figure Skating 8-16 yrs	$50/5 wks		
Thu	6:15PM-7:15PM	Mar 29	1955748

Skate Lessons: Summer

CENTENNIAL RC
1967 Ellesmere Rd, 416-396-4057

Day	Time	Start	Code
Learn to Skate Preschool 3-5 yrs	$35/9 wks		
Sun	9:30AM-10AM	Jun 17	1957462
Sun	10AM-10:30AM	Jun 17	1957463
Tue	5:45PM-6:15PM	Jun 26	1957461
Learn to Skate: Level 1 6-12 yrs	$35/9 wks		
Sun	10:30AM-11:15AM	Jun 17	1957414
Sun	5:45PM-6:30PM	Jun 17	1957415
Sun	6:30PM-7:15PM	Jun 17	1957416
Sun	7:15PM-8PM	Jun 17	1957422
Tue	6:15PM-7PM	Jun 26	1957417
Thu	5:45PM-6:30PM	Jun 28	1957419
Thu	6:30PM-7:15PM	Jun 28	1957418
Learn to Skate: Level 2 6-12 yrs	$35/9 wks		
Sun	10:30AM-11:15AM	Jun 17	1957424
Sun	11:30AM-12:15PM	Jun 17	1957425
Sun	5:45PM-6:30PM	Jun 17	1957426
Sun	6:30PM-7:15PM	Jun 17	1957427
Sun	7:15PM-8PM	Jun 17	1957430
Tue	6:15PM-7PM	Jun 26	1957428
Tue	7:15PM-8PM	Jun 26	1957429
Thu	5:45PM-6:30PM	Jun 28	1957431

Centennial RC continues...

Day	Time	Start	Code
Learn to Skate: Level 2 6-12 yrs	$35/9 wks		
Thu	6:30PM-7:15PM	Jun 28	1957432
Thu	7:15PM-8PM	Jun 28	1957423
Learn to Skate: Level 3 6-12 yrs	$35/9 wks		
Sun	10:30AM-11:15AM	Jun 17	1957440
Sun	11:30AM-12:15PM	Jun 17	1957441
Sun	5:45PM-6:30PM	Jun 17	1957442
Sun	6:30PM-7:15PM	Jun 17	1957443
Sun	7:15PM-8PM	Jun 17	1957444
Tue	6:15PM-7PM	Jun 26	1957448
Tue	7:15PM-8PM	Jun 26	1957445
Thu	5:45PM-6:30PM	Jun 28	1957446
Thu	6:30PM-7:15PM	Jun 28	1957447
Thu	7:15PM-8PM	Jun 28	1957436
Learn to Skate: Level 4 6-12 yrs	$69/9 wks		
Sun	11:30AM-12:15PM	Jun 17	1957451
Sun	6:30PM-7:15PM	Jun 17	1957452
Tue	7:15PM-8PM	Jun 26	1957453
Thu	7:15PM-8PM	Jun 28	1957454
Learn to Skate: Level 5 6-12 yrs	$69/9 wks		
Sun	11:30AM-12:15PM	Jun 17	1957457
Sun	7:15PM-8PM	Jun 17	1957458
Thu	7:15PM-8PM	Jun 28	1957459
Learn to Skate Youth: Beginner 13-18 yrs	$34/9 wks		
Sun	12:15PM-1PM	Jun 17	1957464
Tue	7:15PM-8PM	Jun 26	1957465
Learn to Skate Youth: Advanced 13-18 yrs	$61/9 wks		
Tue	7:15PM-8PM	Jun 26	1985378

Centennial RC continues...

Day	Time	Start	Code
Learn to Skate Adult 18 yrs+	$51/9 wks		
Sun	12:15PM-1PM	Jun 17	1957412
Thu	8PM-8:45PM	Jun 28	1957413
Hockey-Instructional 7-11 yrs	$47/6 days		
Tu-Th	7PM-7:45PM	Sep 11	1957406
Hockey-Skate & Score 4-7 yrs	$47/6 days		
Tu-Th	6:15PM-7PM	Sep 11	1957404

DON MONTGOMERY CRC
2467 Eglinton Ave E, 416-396-4043

Day	Time	Start	Code
Learn to Skate Preschool 3-5 yrs	$33/9 wks		
Wed	5:45PM-6:15PM	Jun 27	1963504
Learn to Skate: Level 1 6-12 yrs	$33/9 wks		
Wed	5PM-5:45PM	Jun 27	1963433
Wed	6:15PM-7PM	Jun 27	1963507
Learn to Skate: Level 2 6-12 yrs	$33/9 wks		
Wed	5PM-5:45PM	Jun 27	1963506
Wed	6:15PM-7PM	Jun 27	1963517
Learn to Skate: Level 3 6-12 yrs	$33/9 wks		
Wed	5PM-5:45PM	Jun 27	1963505
Wed	6:15PM-7PM	Jun 27	1963518
Learn to Skate: Level 4 6-12 yrs	$67/9 wks		
Wed	6:15PM-7PM	Jun 27	1963520
Hockey-Skate & Score 4-7 yrs	$67/9 wks		
Wed	7:15PM-8PM	Jun 27	1957407
Hockey-Instructional 8-12 yrs	$67/9 wks		
Wed	8PM-8:45PM	Jun 27	1957403

MALVERN CRC
30 Sewells Rd, 416-396-4054

Day	Time	Start	Code
Learn to Skate Preschool 3-5 yrs	$33/9 days		
M-F	9AM-9:30AM	Jul 3	1964135
M-F	9AM-9:30AM	Aug 20	1957460
Learn to Skate: Level 1 6-12 yrs	$33/9 days		
M-F	9:30AM-10:15AM	Jul 3	1980109
M-F	10:30AM-11:15AM	Jul 3	1980108
M-F	9:30AM-10:15AM	Aug 20	1957421
M-F	10:30AM-11:15AM	Aug 20	1957420
Learn to Skate: Level 2 6-12 yrs	$33/9 days		
M-F	9:30AM-10:15AM	Jul 3	1980119
M-F	10:30AM-11:15AM	Jul 3	1980112
M-F	11:15AM-12NOON	Jul 3	1980122
M-F	9:30AM-10:15AM	Aug 20	1957434
M-F	10:30AM-11:15AM	Aug 20	1957433
M-F	11:15AM-12NOON	Aug 20	1957435
Learn to Skate: Level 3 6-12 yrs	$33/9 days		
M-F	9:30AM-10:15AM	Jul 3	1980124
M-F	10:30AM-11:15AM	Jul 3	1980127
M-F	11:15AM-12NOON	Jul 3	1980129
M-F	9:30AM-10:15AM	Aug 20	1957437
M-F	10:30AM-11:15AM	Aug 20	1957438
M-F	11:15AM-12NOON	Aug 20	1957439

Malvern CRC continues...

Day	Time	Start	Code
Learn to Skate: Level 4 6-12 yrs	$67/9 days		
M-F	10:30AM-11:15AM	Jul 3	1980131
M-F	11:15AM-12NOON	Jul 3	1980132
M-F	10:30AM-11:15AM	Aug 20	1957449
M-F	11:15AM-12NOON	Aug 20	1957450
Learn to Skate: Level 5 6-12 yrs	$67/9 days		
M-F	11:15AM-12NOON	Jul 3	1980133
M-F	11:15AM-12NOON	Aug 20	1957455
Toronto Sledge Hockey-Rep Try-out 13 yrs+	Free/1 wk		
Sat	12NOON-1PM	Jun 9	1963352
Sat	11AM-1PM	Jul 21	1963350
Sat	11AM-1PM	Aug 18	1963351
Toronto Sledge Hockey-Open House 6 yrs+	Free/1 wk		
Sat	1PM-3PM	Jun 23	1963353
Sat	1PM-3PM	Jul 21	1963354
Sat	1PM-3PM	Aug 18	1963355