Scarborough District Spring and Summer 2012 Sports

Ditch the mouse and get with your Active Side

Well-structured sports programs can provide children and adults with opportunities to participate in physical activity that has immediate and long-term benefits. Higher fitness levels, better health, and enjoyable social interaction are a few of the fringe benefits of participating in sports activities. Fun and fitness go together, whether it's basketball, golf, hockey, gymnastics, volleyball, or badminton that appeals to you. Get out and get active!

Please note that some programs may have an additional fee for materials or supplies. Contact the program location for specific details.

Unless otherwise noted in the charts, all sports programs and activities are co-ed.

Adult Athletic Memberships

This membership is great for those who want to play drop-in basketball, badminton, volleyball or other drop-in sports on a regular basis. These are listed in the program charts as "Pass Option".

Payment Option	Cost	
Pay-as-you-go	Adult: $3.50	Older Adult: $1.75
10 visit Punch Card	Adult: $30	Older Adult: $15
3 month Passport	Adult: $65.50	Older Adult: $32.75
6 month Passport	Adult: $103.50	Older Adult: $51.75
1 year Passport	Adult: $196	Older Adult: $98

sportability®

Sportability helps children 6 to 12 years of age develop the athletic skill base needed to feel competent in a variety of sports. By participating in non-stop fun activities, children learn how to shoot a basketball, dribble a soccer ball, jump high, throw a softball, and much more. They also participate in activities that build general strength and, health and wellness strategies such as healthy eating and coping with stress.

Calling all young people interested

Toronto is now offering cricket, give it a try.

Cricket programs are being offered in the Scarborough District at Don Montgomery CRC, Glen Ravine Park & Malvern CRC

For more info call 416-392-3494 or email jkanesh@toronto.ca

CAN-BIKE 2012

CAN-BIKE courses will boost your cycling skills, safety and fun.

General Information

- Call 416-338-4386 to register or visit toronto.ca/torontofun
- Visit toronto.ca/cycling for more cycling information plus a free subscription to Cyclometer!

CAN-BIKE Camps

For CAN-BIKE Camps, see the Camp section.

Course Requirements

Students must meet the minimum skill level for each course AND have the following:

✓ a bicycle in good working condition – a tune-up is highly recommended

✓ a bell, lock and an approved bicycle helmet (CSA, Snell, ASTM, CPSC or ANSI)

Program Descriptions

Courses are available for all levels and abilities. Refer to the following chart to find the program that suits your needs. Can-bike courses follow the standard curriculum of the Canadian Cycling Association. Lessons take place in parking lots, grassy areas and indoor arenas during inclement weather when available. Practice group rides take place on residential streets, arterial roads and along bicycle paths, rain or shine.

Course Title	Your skill level	What you will be taught
Learn to Ride – Child and Caregiver (6 yrs+)	Child has never used a bicycle or does not have confidence riding. Caregiver role is to support the child. Caregivers will not be taught to ride and will not use a bicycle themselves. Caregiver must be able to walk/run along with the child rider. (shoes that have traction soles are highly recommended).	Based on the child's starting level and ability to progress, the child will be taught one of three skill modules: • balancing and coasting • pedaling and steering • stop and go Caregiver will be taught how to safely support the learning rider.
Learn to Ride – Introductory (10 yrs+)	First time riders that have never used a bicycle. Riders will be placed in age-appropriate groups.	Balancing and coasting. Pedaling and steering. Stop & Go.
Learn to Ride 1 (14 yrs+) 2-hour clinic	Have used a bicycle before but lack balance or control.	Depending on your level of skill and experience, you will be taught: • how to balance • start and stop • turning safely
Learn to Ride 2 (14 yrs+) 2-hour clinic	Can ride under controlled conditions or on a sidewalk but lack confidence to ride on the street.	Improved bike handling skills including: • turning • riding with one hand changing gears with confidence
CAN-BIKE 1 (14 yrs+) 12-hour course	Rides on bicycle paths or residential streets. Riders must be 14 years or older and must be able to ride with confidence on bike paths or streets.	Traffic theory. Riding to be visible to vehicle drivers and others. Communicating with drivers. Riding in a group. Guided practice riding on residential streets.
CAN-BIKE 2 (14 yrs+) 18-hour course.	Rides often on residential streets and wants to ride with confidence in traffic on busy streets (e.g. commute to work, ride long distance). Riders must be 14 years or older and must be able to ride with confidence. Riders lacking bike skills will not be taken on the practical rides in traffic, and will not successfully pass the road tests.	Advanced bike-handling skills Highway Traffic Act. Classroom discussion on hazards and challenging situations. Guided practice riding on major roads (arterial) and in busy traffic. Students will be road-tested by a qualified examiner to pass this course.
CAN-BIKE Instructor Program will only be offered if there is sufficient demand.	Have successfully completed Can-bike 2 and wants to teach others to ride safely. Call 311 to request an instructor course.	Intensive course led by a national examiner. Curriculum and teaching skills for all levels will be taught.

Canadian Cycling Association
Association cycliste canadienne

ONTARIO CYCLING ASSOCIATION

Etobicoke York District

ALBION POOL

1485 Albion Road, 416-394-8676

Day	Time	Start	Code
Adult Learn to Ride 1 14 yrs+		$60/1 wk	
Sat	9AM-11AM	May 26	1963673
Sat	9AM-11AM	Jun 2	1963670
Sat	11:30AM-1:30PM	Jun 2	1963672
Tue	6PM-8PM	Jul 17	1963695
Adult Learn to Ride 2 14 yrs+		$60/1 wk	
Sat	11:30AM-1:30PM	May 26	1963688
Tue	6PM-8PM	Aug 14	1963705
Seniors Learn to Ride: Introductory 60 yrs+		$30/1 wk	
Tue	10AM-12NOON	Jun 12	1931474

ETOBICOKE OLYMPIUM

590 Rathburn Rd, 416-394-8111

Day	Time	Start	Code
CAN-BIKE Learn to Ride-Child & Caregiver 6-14 yrs		$62/1 wk	
Sun	9AM-11AM	Jun 10	1963692
Sun	11:30AM-1:30PM	Jun 10	1985082
Kids CAN-BIKE 1 9-13 yrs		$86/3 wks	
Sun	9AM-1PM	Jul 15	1985104
Sun	9AM-1PM	Aug 12	1963706
Adult Learn to Ride 1 14 yrs+		$62/1 wk	
Sun	9AM-11AM	May 13	1963683
Tue	6PM-8PM	May 15	1963682
Sun	9AM-11AM	May 27	1963685
Tue	6PM-8PM	Jun 19	1963674
Sat	9AM-11AM	Jun 23	1963678
Sun	9AM-11AM	Jul 8	1963697
Tue	6PM-8PM	Jul 24	1963698
Sat	9AM-11AM	Aug 4	1963704
Adult Learn to Ride 2 14 yrs+		$62/1 wk	
Sun	11:30AM-1:30PM	May 13	1963684
Sun	11:30AM-1:30PM	May 27	1963686
Sat	11:30AM-1:30PM	Jun 23	1963676
Sun	11:30AM-1:30PM	Jul 8	1963701
Sat	11:30AM-1:30PM	Aug 4	1963702

RENNIE CLUBHOUSE

1 Rennie Terrace, 416-392-1311

Day	Time	Start	Code
Child & Caregiver Learn to Ride 6-14 yrs		$60/1 wk	
Sun	9AM-11AM	Jun 24	1963691
Sat	9AM-11AM	Jul 21	1963708
Kids CAN-BIKE 1 9-13 yrs		$84/6 wks	
Wed	6PM-8PM	May 23	1963690
Wed	6PM-8PM	Jul 11	1963707
		$84/3 wks	
Sat	9AM-1PM	Aug 11	1963716
CAN-BIKE 1 14 yrs+		$92/2 wks	
Sat	9:30AM-4PM	May 5	1963668
Adult Learn to Ride 1 14 yrs+		$60/1 wk	
Sat	9AM-11AM	Jul 7	1963696
Adult Learn to Ride 2 14 yrs+		$60/1 wk	
Wed	6PM-8PM	Aug 22	1963703
CAN-BIKE 2 17 yrs+		$112/1 wk	
M/W/F	9AM-4PM	May 7	1963689

North York District

MITCHELL FIELD CC

89 Church Ave, 416-395-0262

Day	Time	Start	Code
Child & Caregiver Learn to Bike 6-12 yrs		$45/3 wks	
Sun	12NOON-2PM	Apr 29	1944363
Sun	12NOON-2PM	May 27	1944365
Learn to Ride: Introductory 12-17 yrs		$45/3 wks	
Sun	2:30PM-4:30PM	Apr 29	1944356
Sun	2:30PM-4:30PM	May 27	1944358
CAN-BIKE 1 14-24 yrs		$92/6 wks	
Wed	4:30PM-6:30PM	May 2	1944361
Thu	5:30PM-7:30PM	May 3	1944362
CAN-BIKE Learn to Ride 18 yrs+		$86/3 wks	
Sun	2:30PM-4:30PM	Apr 29	1944356
Sun	2:30PM-4:30PM	May 27	1944358

Scarborough District

BIRCHMOUNT CC
93 Birchmount Rd, 416-396-4018

Day	Time	Start	Code
Kids CAN-BIKE 1	9-13 yrs	$86/4 wks	
Sat	10AM-1PM	May 5	1961289

CENTENNIAL RC
1967 Ellesmere Rd, 416-396-4057

Day	Time	Start	Code
Kids CAN-BIKE 1	9-13 yrs	$86/4 wks	
Sat	10AM-1PM	Jun 2	1961290
		$86/3 wks	
Sat	10AM-2PM	Aug 11	1961401
Adult Learn to Ride 1	14 yrs+	$62/1 wk	
Sun	1PM-3PM	May 13	1961275
Sun	1PM-3PM	May 27	1961276
Tue	6:30PM-8:30PM	Jun 5	1961283
Sun	1PM-3PM	May 6	1961284
Tue	6:30PM-8:30PM	Jun 12	1961280
Tue	6:30PM-8:30PM	Jun 26	1961282
Wed	6:30PM-8:30PM	Jul 11	1961381
Wed	6:30PM-8:30PM	Aug 15	1961383
Tue	6:30PM-8:30PM	Jun 19	1986687
Adult Learn to Ride 1 & 2	14 yrs+	$62/1 wk	
Thu	6:30PM-8:30PM	Aug 16	1961392
Thu	6:30PM-8:30PM	Aug 23	1961394
Thu	6:30PM-8:30PM	Aug 9	1961374
Wed	6:30PM-8:30PM	Jul 18	1961375
Thu	6:30PM-8:30PM	Aug 2	1961377
Wed	6:30PM-8:30PM	Jul 25	1961382
Thu	6:30PM-8:30PM	Aug 30	1961385
Wed	6:30PM-8:30PM	Jul 4	1961386
Adult Learn to Ride 2	14 yrs+	$62/1 wk	
Wed	6:30PM-8:30PM	Aug 22	1961388

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

Day	Time	Start	Code
Kids-CAN-BIKE 1	9-13 yrs	$84/3 wks	
Sun	10AM-2PM	Jul 8	1961400
CAN-BIKE 1	14 yrs+	$90/5 wks	
Tue	6:30PM-9PM	Jul 3	1961363

L'AMOREAUX CRC
2000 McNicoll Ave, 416-396-4510

Day	Time	Start	Code
CAN-BIKE 1	14 yrs+	$90/5 wks	
Tue	6PM-8:30PM	May 1	1961273
		$90/4 wks	
Tue	6PM-9PM	Aug 7	1961364
Adult Learn to Ride 1	14 yrs+	$60/1 wk	
Sun	1PM-3PM	Jun 3	1961287
Sun	1PM-3PM	Jun 10	1961279
Sun	1PM-3PM	Jun 24	1961288
Sun	10AM-12NOON	Aug 5	1961396
Sun	10AM-12NOON	Aug 19	1961397
Adult Learn to Ride 1 & 2	14 yrs+	$60/1 wk	
Sun	10AM-12NOON	Jul 22	1961384
Sun	10AM-12NOON	Aug 12	1961376
Sun	10AM-12NOON	Aug 19	1961391
Sun	1PM-3PM	Aug 19	1961393
Sun	1PM-3PM	Aug 26	1961380
Adult Learn to Ride 2	14 yrs+	$60/1 wk	
Sun	1PM-3PM	Jun 17	1961278

WARDEN HILLTOP CC
25 Mendelssohn St, 416-392-7640

Day	Time	Start	Code
CAN-BIKE 1	14 yrs+	$90/4 wks	
Thu	6PM-9PM	Jun 14	1961274
Adult Learn to Ride 1	14 yrs+	$60/1 wk	
Thu	6PM-8PM	May 24	1961277
Thu	10AM-12NOON	May 10	1961285
Thu	6PM-8PM	May 17	1961286
Thu	6PM-8PM	May 31	1961281

Toronto/East York District

ALEXANDRA PARK
275 Bathurst St, 416-392-0335

Day	Time	Start	Code
Kids CAN-BIKE 1	10-14 yrs	$84/6 wks	
Wed	6:30PM-8:30PM	May 16	1991982
Learn to Ride: Introductory	10-18 yrs	$43/3 wks	
Wed	6:30PM-8:30PM	May 2	1999811
Wed	6:30PM-8:30PM	May 23	1999812
Wed	6:30PM-8:30PM	Jun 13	1999813
Wed	6:30PM-8:30PM	Jul 4	1999814
CAN-BIKE 1	14 yrs+	$90/6 wks	
Wed	6:30PM-8:30PM	May 9	1991963
Sat	10AM-4:30PM	May 26	1991964
Learn to Ride: Level 1 Clinic	14 yrs+	$60/1 wk	
Wed	6PM-8PM	May 2	1991966
Wed	6PM-8PM	Jul 4	1991965
Learn to Ride: Level 2 Clinic	14 yrs+	$60/1 wk	
Wed	6PM-8PM	May 9	1991944
Wed	6PM-8PM	Jul 11	1991945
CAN-BIKE 2	17 yrs+	$112/6 wks	
Wed	6PM-9PM	May 23	1991971
		$112/3 wks	
Sat	10AM-4:30PM	Jun 9	1991973
Learn to Ride: Introductory	19 yrs+	$50/3 wks	
Wed	6:30PM-8:30PM	May 2	1999815
Wed	6:30PM-8:30PM	Jun 13	1999816
Wed	6:30PM-8:30PM	Jul 4	1999817

DIEPPE PARK
455 Cosburn Ave, 416-396-2881

Day	Time	Start	Code
Kids CAN-BIKE 1	10-14 yrs	$84/6 wks	
Thu	6:30PM-8:30PM	May 17	1991975
Learn to Ride: Introductory	10-18 yrs	$43/3 wks	
Thu	6:30PM-8:30PM	May 3	1991950
Thu	6:30PM-8:30PM	Jun 14	1999806
Thu	6:30PM-8:30PM	May 24	1999805
Thu	6:30PM-8:30PM	Jul 5	1999807
CAN-BIKE 1	14 yrs+	$90/6 wks	
Thu	6:30PM-8:30PM	May 10	1999818
Learn to Ride: Level 1 Clinic	14 yrs+	$60/1 wk	
Thu	6PM-8PM	May 3	1991942
Thu	6PM-8PM	Jul 5	1991949
Learn to Ride: Level 2 Clinic	14 yrs+	$60/1 wk	
Thu	6PM-8PM	May 10	1991940
Thu	6PM-8PM	Jul 12	1991954
CAN-BIKE 2	17 yrs+	$112/6 wks	
Thu	6PM-9PM	May 24	1991969

Dieppe Park continues...

Day	Time	Start	Code
Learn to Ride: Introductory	19 yrs+	$50/3 wks	
Thu	6:30PM-8:30PM	May 3	1991955
Thu	6:30PM-8:30PM	Jun 14	1999809
Thu	6:30PM-8:30PM	May 24	1999808
Thu	6:30PM-8:30PM	Jul 5	1999810

PHIL WHITE ARENA
443 Arlington Ave, 416-394-2734

Day	Time	Start	Code
Kids CAN-BIKE 1	10-14 yrs	$84/6 wks	
Tue	6:30PM-8:30PM	May 15	1991974
Learn to Ride: Introductory	10-18 yrs	$43/3 wks	
Tue	6:30PM-8:30PM	May 1	1999820
Tue	6:30PM-8:30PM	Jun 12	1999822
Tue	6:30PM-8:30PM	May 22	1999821
Tue	6:30PM-8:30PM	Jul 3	1999823
CAN-BIKE 1	14 yrs+	$90/6 wks	
Tue	6:30PM-8:30PM	May 8	1999819
Learn to Ride: Level 1 Clinic	14 yrs+	$60/1 wk	
Tue	6PM-8PM	May 1	1991939
Tue	6PM-8PM	Jul 3	1991951
Learn to Ride: Level 2 Clinic	14 yrs+	$60/1 wk	
Tue	6PM-8PM	May 8	1991968
Tue	6PM-8PM	Jul 10	1991967
CAN-BIKE 2	17 yrs+	$112/6 wks	
Tue	6PM-9PM	May 22	1991970
Learn to Ride: Introductory	19 yrs+	$50/3 wks	
Tue	6:30PM-8:30PM	May 1	1999825
Tue	6:30PM-8:30PM	Jun 12	1999828
Tue	6:30PM-8:30PM	May 22	1999827
Tue	6:30PM-8:30PM	Jul 3	1999829

Cycle our City within the Park

Explore Toronto area parks and trails with your *"City of Toronto Cycling Map"*. These maps will help you navigate through the many cycling-accessible parks and trails that make our city special.

Available free of charge at community centres or visit **toronto.ca/cycling** to view a PDF copy.

TORONTO

Call 311

Go Golfing at a City of Toronto Golf Course

It is time to get out your golf clubs, practice your swing, and play a round of golf! Parks, Forestry and Recreation's golf courses open in early April, weather permitting. Please call the golf course of your choice for advanced bookings:

Dentonia Park Golf Course *(Par 54)* 781 Victoria Park Ave, 416-392-2558
Don Valley Golf Course *(Par 71)* 4200 Yonge St, 416-392-2465
Humber Valley Golf Course *(Par 70)* 40 Beattie Ave, 416-392-2488
Scarlett Woods Golf Course *(Par 62)* 1000 Jane St, 416-392-2484
Tam O'Shanter Golf Course *(Par 71)* 2481 Birchmount Rd, 416-392-2547

For more information about City of Toronto golf courses,
visit toronto.ca/golf

TORONTO Call 311

East York Curling Club

901 Cosburn Ave, 416-396-2816

- Daytime and evening leagues: seniors, men, women, mixed, juniors, Bantam and Little Rocks
- Season runs from October to April
- Curling lessons are offered at the beginning of each season
- Available for private and corporate rentals

For more information on memberships, curling lessons and facility rentals call 416-396-2816.

Leaside Curling Club

1073A Millwood Rd, leasidecurling.ca

- Daytime leagues: men, women, open (pay as you play) and Little Rocks (7-11yrs)
- Evening/weekend leagues: mixed, men, women, open, Bantams (12-15 yrs), Juniors (16-20 yrs)
- Offering leagues, clinics, club social events and bonspiels

For more information on memberships, learn to curl clinics and facility rentals call 416-338-4793.

TORONTO Call 311

RBC Royal Bank®

Helping to create future cricket stars for Canada.

As a long-time supporter of amateur sports in Canada, we understand the value of investing in grassroots programming. That's why we created the RBC Wicket Cricket™ for young people. Through this initiative, RBC® is helping to grow this popular international sport in Canadian communities. Visit www.rbc.com/wicketcricket to learn more.

Advice you can bank on™

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Make a splash, get fit and have fun!

Leisure Swim Programs (Not all pools offer all the following leisure programs). Check with the individual sites for their specific program information.

- Leisure Swimming
- Leisure Swimming–Preschool
- Leisure Swimming–Family
- Lane Swim

For a complete list of pool locations, leisure swim schedules and fees,
visit toronto.ca/swim

TORONTO Call 311