

Toronto and East 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.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.

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
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.

Learn to Skate: Preschooler (3-5 yrs)

- Learn ice orientation, leading up to skating skills
- Participation awards
- 30-minute session — consisting of group lesson, warm up and games.

Parent/Caregiver & Tot Skate (3-5 yrs)

- Caregiver and child participate together
- Caregiver must wear skates
- Lesson is for child only
- Parents assist child using instructor's direction
- One adult must accompany each child enrolled
- Parents must have a competent skating ability and be present on the ice to assist their child for the class duration
- 30-minute class and 15-minute supervised free skate
- Participation awards
- No bob skates allowed.

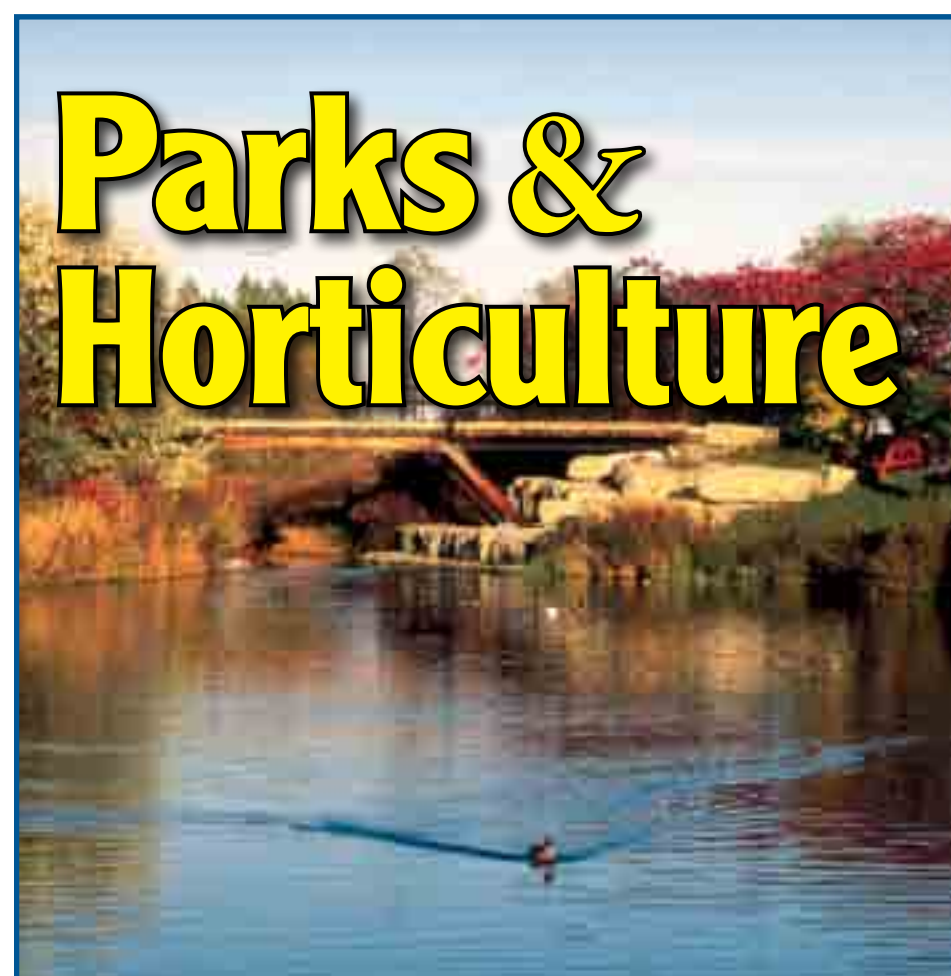
Skate Lessons: Spring

EAST YORK MEMORIAL ARENA

888 Cosburn Ave, 416-396-2869

Day	Time	Start	Code
Learn to Skate-Parent & Tot			
3-5 yrs \$33/6 wks			
Tue	9:30AM-10:15AM	Mar 20	1984976
Thu	10:15AM-11AM	Mar 22	1984977
Learn to Skate-Preschool			
3-5 yrs \$33/6 wks			
Tue	10:15AM-11AM	Mar 20	1984964
Tue	11AM-11:45AM	Mar 20	1984967
Tue	11:45AM-12:30PM	Mar 20	1984969

Day	Time	Start	Code
Learn to Skate-Preschool			
3-5 yrs \$33/6 wks			
Tue	12:30PM-1:15PM	Mar 20	1984972
Wed	12:30PM-1:15PM	Mar 21	1984975
Wed	1:15PM-2PM	Mar 21	1984971
Wed	2PM-2:45PM	Mar 21	1984968
Thu	10:15AM-11AM	Mar 22	1984974
Thu	11AM-11:45AM	Mar 22	1984970
Thu	11:45AM-12:30PM	Mar 22	1984966
Thu	12:30PM-1:15PM	Mar 22	1984973



Parks & Horticulture

Toronto Parks are for all to enjoy!

One of the greatest strengths of our city is our wonderful parks system. Big or small, these parks offer everything from play to quiet relaxation.

Our parks let you absorb the peace, quiet and natural beauty of the outdoors without leaving the city. Walkers, joggers, cyclists and hikers can follow over 90km of paved trails. There are many great locations for family picnics and group events. Convenient TTC service near most main park entrances and ample parking makes reaching these parks easy.



Gardens and Conservatories

Surround yourself with the delightful sights and smells of breathtaking flowers and gardens. Gardens and conservatories are located throughout the city.

For locations, services and programs for Toronto Parks and Horticulture, visit toronto.ca/parks



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

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



Call **3-1-1**



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