Lace them up, get on the ice and skate!

Come and discover the joys of one of Canada’s oldest and most popular recreational activity. Whether it’s a leisurely skate in the crisp winter air or a breakaway up the ice, Toronto’s skating programs have something for everyone. Indoor arenas and outdoor rinks across the city offer many leisure and instructional skating opportunities.

Integration Services may be requested if an individual requires assistance to participate in recreation programs. Refer to the Adapted and Inclusive Recreation section or visit toronto.ca/accessibility.

If you can’t go, let us know!
If you are unable to attend the program you registered for, contact your local community centre or call 416-396-7378 so the spot can be offered to someone else.

Visit toronto.ca/skate for leisure hours and program information.

Leisure Skate
The City of Toronto provides various opportunities for patrons to skate at indoor arenas.

Skate Trails
The City of Toronto is home to a number of skate trails where patrons can skate on a rink without boards. Locations include:
- Colonel Samuel Smith Park
- Greenwood Park
- Rennie Park
- Dieppe Park
- McCowan District Park
- Riverdale Park East

Instructional Skate
Whatever your age, we offer instructional skating programs for beginners and more accomplished skaters alike. All children, youth and adults participating in our instructional programs must wear a CSA approved hockey helmet. Our instructional programs are progressive. Please see the instructional skating flow chart and prerequisites to ensure you register in the appropriate program level.

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

Skating Job Opportunities
Jobs are available as rink guards and skate instructors. You must be at least 14 years old to apply. Visit toronto.ca/recjobs.

For more information on available positions and on how to apply, email skatejobs@toronto.ca. Staff will contact you with the various recruitment dates from July to October, city-wide.

Don’t learn about concussion the hard way. Know what to do and keep your head in the game.

REMEMBER: If in doubt, sit them out!

For more information on how to prevent, recognize and manage concussions, visit parachute canada.org
### Mandatory Skating Safety Equipment Requirements

<table>
<thead>
<tr>
<th>Skate Program</th>
<th>CSA Approved</th>
<th>Full Face Mask</th>
<th>Type of Skate</th>
<th>Gloves and Neck Guard</th>
<th>Full Hockey Gear</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INSTRUCTIONAL:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Learn to Skate</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>With Caregiver (Caregiver)</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>With Caregiver (Child)</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Early Years (Under 6 years)</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children (6-12 years)</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth (13-18 years)</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adults and Older Adults (19 years+)</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hockey</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Early Years (Under 6 years)</td>
<td>✔</td>
<td>✔</td>
<td>Hockey</td>
<td>✔</td>
<td>Highly Recommended</td>
</tr>
<tr>
<td>Children (6-12 years)</td>
<td>✔</td>
<td>✔</td>
<td>Hockey</td>
<td>✔</td>
<td>Highly Recommended</td>
</tr>
<tr>
<td>Youth (13-18 years)</td>
<td>✔</td>
<td>✔</td>
<td>Hockey</td>
<td>✔</td>
<td>Highly Recommended</td>
</tr>
<tr>
<td>Adults and Older Adults (19 years+)</td>
<td>✔</td>
<td>✔</td>
<td>Hockey</td>
<td>✔</td>
<td>Highly Recommended</td>
</tr>
<tr>
<td><strong>ParaSport: Sledge Hockey</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All ages</td>
<td>✔</td>
<td>✔</td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Power Skating</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All ages</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hockey Power Skating</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All ages</td>
<td>✔</td>
<td></td>
<td>Hockey</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Figure Skating</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All ages</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LEISURE:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Shinny</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 years and under</td>
<td>✔</td>
<td>✔</td>
<td>Hockey/Figure</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>19 years+</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Ice Breaking</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All ages</td>
<td>✔</td>
<td></td>
<td>Hockey/Figure</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Public Skating</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Early Years (under 6 years)</td>
<td>✔</td>
<td></td>
<td>Hockey/Figure</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Speed Skating</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All ages</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pick-up Hockey</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All ages</td>
<td>✔</td>
<td>✔</td>
<td>Hockey</td>
<td>✔</td>
<td></td>
</tr>
</tbody>
</table>

- Hockey helmets must be CSA approved and appropriately sized with all helmet straps attached for all skate programs.
- All participants must wear skates while on the ice.

### Instructional Skate Flow Chart

**CITY OF TORONTO INSTRUCTIONAL SKATING FLOW CHART**

**Early Years**
- Learn to Skate With Caregiver
- Learn to Skate Beginner
- Hockey Skills Beginner
- Learn to Skate 1
- Learn to Skate 2
- Learn to Skate 3
- Learn to Skate 4
- Learn to Skate 5

**Child**
- Learn to Skate 1
- Hockey Skills-Beginner
- Goalie Skills
- Learn to Skate 2
- Learn to Skate 3
- Learn to Skate 4
- Learn to Skate 5

**Youth**
- Learn to Skate Beginner
- Learn to Skate Advanced
- Power Skating Beginner
- Figure Skating

**Adult and Older Adult**
- Learn to Skate Beginner
- Hockey Skills-Beginner
- Learn to Skate Advanced
- Figure Skating
- Power Skating Beginner
- Hockey Power Skating

Notes: ➡️ indicates successfully completed the level

Programs vary by district, location and session.
Instructional Program Information
• Participants may not be accommodated if they select an incorrect level. Please read class descriptions carefully.
• Parents/caregivers are requested to remain at the facility during lessons.
• When registering for Learn to Skate Levels 2-5, a participant must have passed the prerequisite level.

Early Years
All participants must have CSA approved hockey helmet with full face mask and sharpened skate.
These programs introduce new skaters under the age of 6 years old to the basic skills of skating. Focus is on building the skaters comfort and confidence on the ice through fun activities and games. The 30 minute session consists of a warm up, group lesson, games and free skate.

With Caregiver
• One caregiver (14 years of age or older) must actively participate with each child enrolled.
• Caregiver must be a competent skater and be present on the ice to assist their child for the entire class.
• All participants must wear skates while on the ice including the caregiver.
• Caregivers must wear a CSA approved hockey helmet.

Beginner
• Child must be capable of going on the ice alone.
• Child should be able to stand and walk on skates off the ice.
• Caregivers are not permitted on the ice.
• Instructional focus will be on Learn to Skate: Level 1 and 2 curriculums.

Learn to Skate: Child
All participants require a CSA approved hockey helmet and sharpened skates.
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 program, participants will receive a progress report.
• For children 6-12 years of age.
• Classes include a group warm up, instructional lesson and individual free skate time.
• Participants must complete one level before moving on to the next level.

Learn to Skate-Level 1
Prerequisite: 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 off the ice.
• Development of balance and posture
• Introduction to forward skating, gliding, stopping and backward skating

Learn to Skate-Level 2
Prerequisite: Successful completion of Level 1.
• Development of forward gliding, stopping, backward skating
• Introduction to one foot glides and backward gliding

Learn to Skate-Level 3
Prerequisite: Successful completion of Level 2.
• Development of backward stopping, backward gliding and edges
• Introduction to cross-overs, slalom skating, 2 foot turns

Learn to Skate-Level 4
Prerequisite: Successful completion of Level 3.
• Development of cross-overs, backward stopping
• Introduction to one foot turns, backward circle thrusts

Learn to Skate-Level 5
Prerequisite: Successful completion of Level 4.
• Development of backward cross-overs, forward edges, skill combinations
• Introduction to parallel stopping, backward edges and turns

Learn to Skate: Adult and Older Adult
All participants require a CSA approved hockey helmet and sharpened skates.

Beginner
• Classes follow the level 1-2 Learn to Skate curriculum with emphasis on the development of balance and posture, forward skating, gliding, stopping and backward skating.