

Skating

Lessons and Leisure



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 has 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 Programs section or visit toronto.ca/accessibility.

What to Wear and Equipment

Clothing

Wear gloves or mittens, and layers of clothing that are warm, water-resistant, non-bulky.

Helmets

For helmet requirements, see section on "mandatory skating safety equipment requirements."

Visit toronto.ca/skate for more information on helmet education and awareness.

Skates

Proper fitting skates are required. The rule for purchasing skates is 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.

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.

Recruitment Day Information

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

Leisure Skate Programs

For leisure skate program information visit toronto.ca/skate.

Skate Sharpening Services

To skate properly, skates should be kept sharpened. The following arenas have pro shops that offer this service at various times: Centennial Arena (Etobicoke/York), Don Montgomery CC, Downsview Arena, East York Memorial Arena, Herbert H. Carnegie Centennial Centre, Pleasantview CC and Victoria Village Arena.

Ice Permits

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



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 parachutecanada.org



Instructional Skate

Instructional skating programs are available for beginners and more accomplished skaters. All children, youth, and adults participating in instructional programs must wear a CSA approved hockey helmet. Face masks and neck guards will be required for certain programs (see mandatory skating safety requirements). This is a progressive program. Please see the skating flow chart and prerequisites to ensure registration in the appropriate program level. For more instructional skate information visit toronto.ca/skate.

Mandatory Skating Safety Equipment Requirements

Learn to Skate

With Caregiver

- Caregiver: CSA approved hockey helmet – mandatory
- Child: CSA approved hockey helmet and full face mask – mandatory

Early Years (under 6 years)

- CSA approved hockey helmet and full face mask – mandatory

Children (6-12 years)

- CSA approved hockey helmet – mandatory

Youth (13-18 years)

- CSA approved hockey helmet – mandatory

Adults (19 years+)

- CSA approved hockey helmet – mandatory

Hockey Programs

Early Years (under 6 years)

- CSA Approved hockey helmet, full face mask, gloves and neck guard – mandatory

Children (6-12 years)

- CSA Approved hockey helmet, full face mask, gloves and neck guard – mandatory

Adults (19 years+)

- CSA approved hockey helmet and gloves – mandatory

Power Skate

Children (6-12 years)

- CSA approved hockey helmet and full face mask – mandatory

Figure Skating

Children and Youth (8-15 years)

- CSA approved hockey helmet – mandatory

Adults (19 years+)

- CSA approved hockey helmet – mandatory

CSA Approved Hockey Helmets



Instructional Skating Programs

- All participants must wear a CSA approved hockey helmet with all helmet straps attached for all skate programs.
- Face masks are mandatory for all early years, hockey and power skate programs.
- All adult participants must wear a CSA approved hockey helmet.
- Broken helmets, bicycle, ski and utility helmets are not acceptable and will not be permitted on the ice.

Note: Please refer to the Instructional Skating Flow Chart or individual course listings for specific ages.

Program Information

- Participants may not be able to relocate 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 level preceding the level being registered for. Proof of passing may be requested on the first day of the session. Participants will be assessed if there is no proof of passing the preceding level then the participant will only be put in the appropriate level if that class is not full.

Early Years Programs

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. All participants must wear skates while on the ice. CSA approved hockey helmets with full facial protection are mandatory for all Early Years Programs.

With Caregiver

- One adult (14 years of age or older) must accompany 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 with straight ankles off the ice.
- Caregivers are not permitted on the ice.
- Instructional focus will be on Learn to Skate: Level 1 and 2 curriculums.

Advanced

- Prerequisite: Completion of Preschool: Beginner
- Instructional focus will be on Learn to Skate: Level 2 curriculum.

Children's Programs – Learn to Skate: Level 1 to 4

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.

- 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

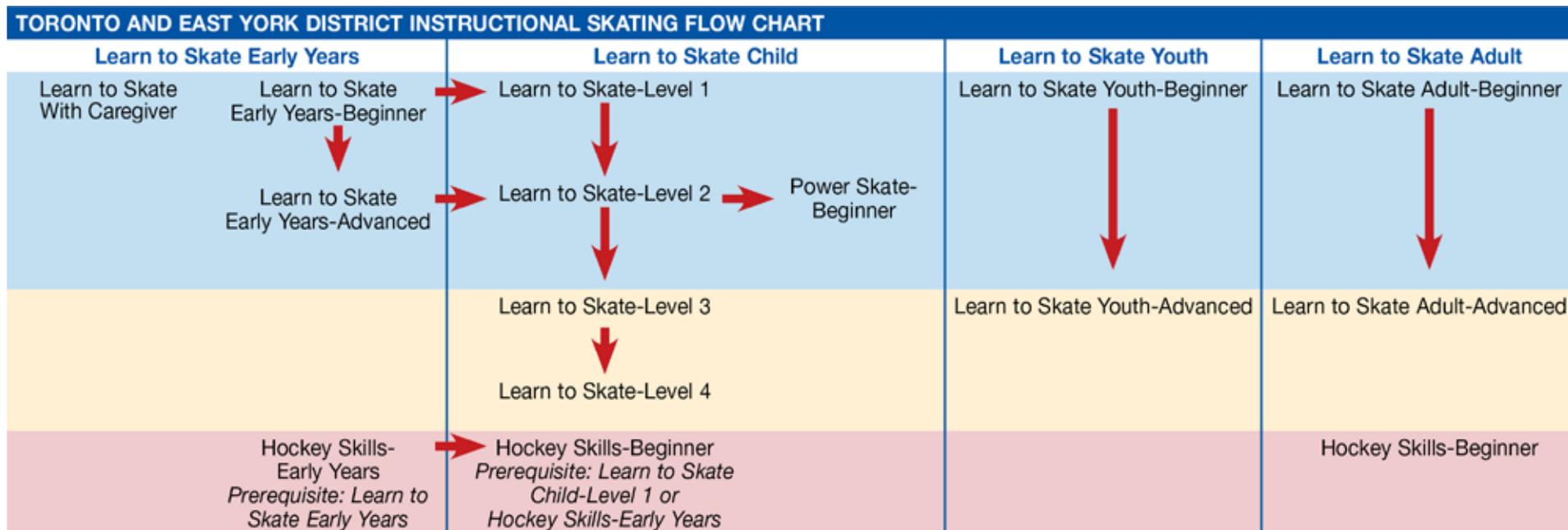
Prerequisite: Level 1 is for participants who are new to skating and are unable to skate the width of the ice surface with a glide. Participants should be able to stand and walk on skates with straight ankles off the ice.

- 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



Note: ➔ indicates successfully completed the level



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: Youth Programs

Beginner

CSA approved hockey helmets are mandatory for all participants.

- 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.

Advanced

Prerequisite: Completion of Youth-Beginner

CSA approved hockey helmets are mandatory for all participants.

- Classes follow the level 2-3 Learn to Skate curriculum with emphasis on forward and backward crossovers, edges, advanced stopping and backward skating skills.

Learn to Skate: Adult Programs

Beginner

CSA approved hockey helmets are mandatory for all participants.

- 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.

Advanced

Prerequisite: Completion of Adult-Beginner

CSA approved hockey helmets are mandatory for all participants.

- Classes follow the level 3-5 Learn to Skate curriculum with emphasis on forward and backward crossovers, edges, advanced stopping and backward skating skills.

Spring Skate Lessons

East York Memorial Arena

888 Cosburn Ave, 416-396-2869

| Day | Time | Start | Code |
|--------------------------------|-----------------|---------|------------|
| Learn to Skate-Beginner | | | |
| | | 3-5 yrs | \$43/9 wks |
| Mon | 4:15PM-4:45PM | Mar 19 | 3068714 |
| Tue | 10:15AM-11AM | Mar 27 | 3068713 |
| Tue | 11AM-11:45AM | Mar 27 | 3068707 |
| Tue | 11:45AM-12:30PM | Mar 27 | 3068705 |
| Wed | 12:30PM-1:15PM | Mar 28 | 3068712 |
| Wed | 1:15PM-2PM | Mar 28 | 3068709 |
| Wed | 2PM-2:45PM | Mar 28 | 3068708 |
| Thu | 10:15AM-11AM | Mar 29 | 3068710 |
| Thu | 11AM-11:45AM | Mar 29 | 3068711 |
| Thu | 11:45AM-12:30PM | Mar 29 | 3068706 |

| Day | Time | Start | Code |
|--------------------------------|----------------|----------|------------|
| Learn to Skate-Level 1 | | | |
| | | 6-12 yrs | \$43/9 wks |
| Mon | 4:45PM-5:30PM | Mar 19 | 3068698 |
| Mon | 5:30PM-6:15PM | Mar 19 | 3068699 |
| Mon | 6:15PM-7PM | Mar 19 | 3068700 |
| Learn to Skate-Level 2 | | | |
| | | 6-12 yrs | \$43/9 wks |
| Mon | 4:45PM-5:30PM | Mar 19 | 3068701 |
| Mon | 5:30PM-6:15PM | Mar 19 | 3068702 |
| Mon | 6:15PM-7PM | Mar 19 | 3068703 |
| Learn to Skate-Level 3 | | | |
| | | 6-12 yrs | \$43/9 wks |
| Mon | 5:30PM-6:15PM | Mar 19 | 3068704 |
| Learn to Skate-Beginner | | | |
| | | 19 yrs+ | \$65/9 wks |
| Mon | 6:15PM-7PM | Mar 19 | 3068697 |
| Tue | 12:30PM-1:15PM | Mar 27 | 3068695 |
| Thu | 12:30PM-1:15PM | Mar 29 | 3068696 |



Urban Forestry

Plant a Tree, Grow a Forest

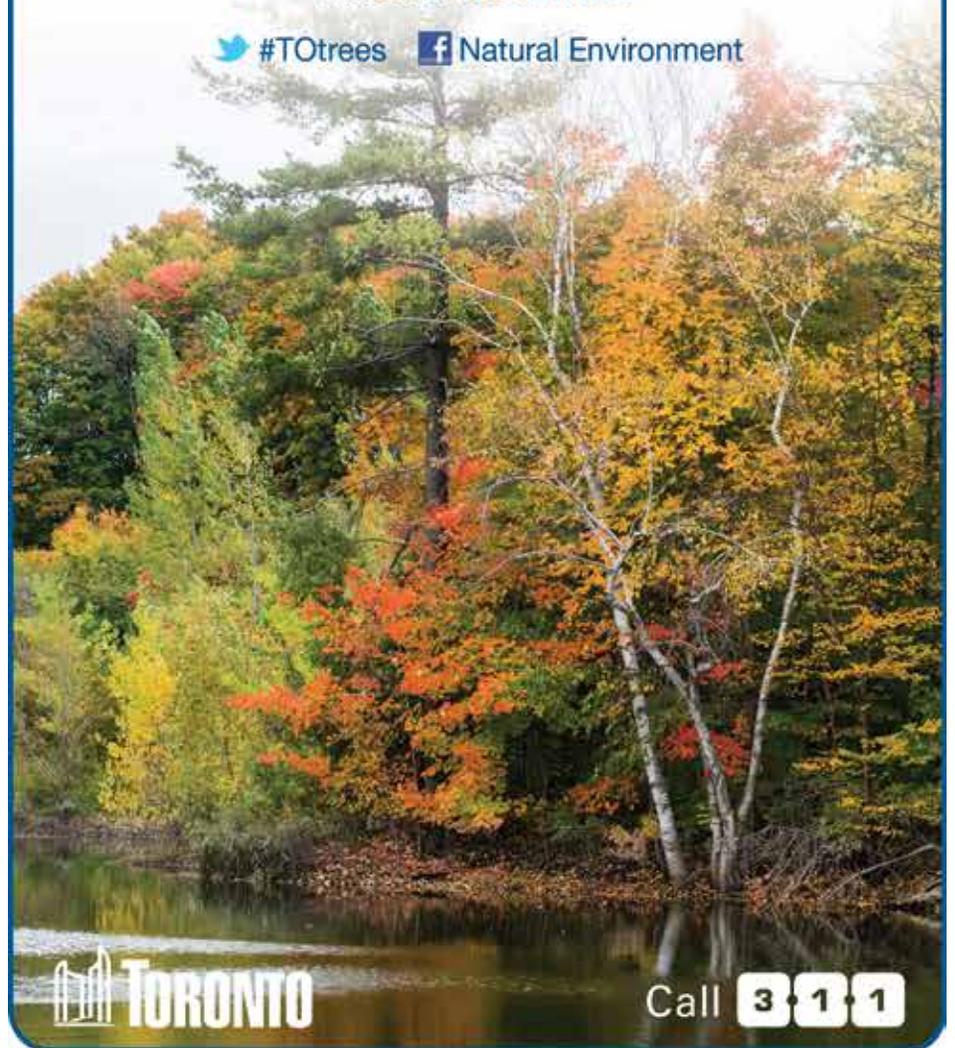
Toronto's diverse urban forest is the vital green infrastructure that creates healthy neighbourhoods, supports habitat and biodiversity, promotes clean air and water, offers opportunities for recreation and education, fosters economic prosperity and enhances quality of life for everyone in the city.

Toronto's urban forest currently covers approximately 26.6 - 28% of the city. There are roughly 6.1 million trees on private property and 4.1 million trees on public property, for a total of 10.2 million trees.

The City of Toronto is planning to reach the goal of 40% canopy cover over the next 40-50 years through maintaining, planting and protecting our urban forest. But we all have an important role to play in caring for this shared resource. Find out more about how you can help to grow a forest.

Visit toronto.ca/trees

[#TOtrees](#) [Natural Environment](#)



TORONTO

Call **3-1-1**