

# North Toronto Skating Club

North Toronto Memorial Arena  
174 Orchard View Blvd, Toronto, ON, M4R 1C3  
northtorontoskating.com

## 2019/20 Programs Overview as of September 29, 2019

Figure Skating & IntroSkate..... Sep 03, 2019 to May 14, 2020  
Learn to Skate ..... Sep 20, 2019 to May 14, 2020  
Adult 18+ (Fall & Spring Sessions)..... Sep 23, 2019 to May 11, 2020  
Off-Ice..... Sep 23, 2019 to May 07, 2020

PROGRAM INFORMATION & QUALIFICATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Learn to Skate Age 3 - 4 with Parent Parent &amp; Tot 30 minute group lesson</b> Skate Canada coaches teach skating basics using games & fun activities! <i>Child MUST be accompanied by a skating adult who can assist the child during the lesson</i>	1:40-2:10 pm				
<b>Learn to Skate Age 3 - 5 CanSkate A 30 minute group lesson</b> Beginner to CanSkate level 2 taught by Skate Canada coaches with games & fun activities! 3 year olds are taught in groups of up to 5 skaters 4 - 5 year olds are taught in groups of up to 7 skaters	2:10-2:40 pm	4:00-4:30 pm 4:30-5:00 pm	4:00-4:30 pm 4:30-5:00 pm	5:00-5:30 pm 5:30-6:00 pm	5:15-5:45 pm 5:45-6:15 pm 6:15-6:45 pm 6:45-7:15 pm
<b>Learn to Skate Age 6 - 9 CanSkate B 60 minute session</b> Beginner through CanSkate level 6 taught in groups of up to 10 skaters 15 minute supervised practice 15 minute group warm up with a Skate Canada coach 30 minute group lesson with a Skate Canada coach		4:00-5:00 pm	4:00-5:00 pm	5:00-6:00 pm	5:15-6:15 pm 6:15-7:15 pm
<b>Learn to Skate Age 10 - 17 IntroSkate 60 minute session</b> Beginner through CanSkate level 6 taught in groups of up to 10 skaters 45 minute group lesson with a Skate Canada coach 15 minute practice time (Private coaching available)				6:10-7:10 pm	4:15-5:15 pm
<b>Figure Skating STAR 1 Passed CanSkate 6</b> 30 minute group lesson with a Skate Canada coach 30 minute practice time (Private coaching recommended)		5:10-6:10 pm		6:10-7:10 pm	4:00-5:15 pm
<b>Figure Skating STAR 2 Completed STAR 1</b> 15 minute stroking with a Skate Canada coach 15 minute group lesson with a Skate Canada coach 30 minute practice time (Private coaching recommended)	5:15-6:15 pm	5:10-6:10 pm		6:10-7:10 pm	4:00-5:15 pm
<b>Figure Skating STARSkate Intermediate Completed any 2 of</b> STAR 2 Free Skate (Solo and Elements) STAR 2 Skills STAR 3 Dance (A and B)	7:00-8:30am		<b>7:00-8:30 am</b> <b>Full Members ONLY</b> <i>(Limited dates)</i>	<b>3:10-4:00 pm</b> <b>Full Members ONLY</b> <i>(Extra fee applies)</i>	7:00-8:30 am
	5:15-6:15 pm Stroking 5:15-5:30	6:10-7:10 pm Stroking 6:10-6:25	5:10-6:10 pm Stroking 5:10-5:25	4:00-5:00 pm Stroking 4:00-4:15	
<b>Figure Skating STARSkate Senior Completed any 2 of</b> STAR 4 Free Skate (Solo and Elements) STAR 5 Skills STAR 5 Dance (A and B) Full Members can add <b>GREY Intermediate</b> sessions as Double Sessions for an extra fee	7:00-8:30 am		<b>7:00-8:30 am</b> <b>Full Members ONLY</b> <i>(Limited dates)</i>	<b>3:10-4:00 pm</b> <b>Full Members ONLY</b> <i>(Extra fee applies)</i>	7:00-8:30 am
	4:00-5:05 pm	7:20-8:35 pm Stroking 7:20-7:35	6:20-7:20 pm	7:20-8:20 pm Stroking 7:20-7:35	
<b>Figure Skating STARSkate Advanced Completed any 2 of</b> STAR 5 Free Skate (Solo and Elements) Junior Silver Skills Junior Silver Dance Full Members can add <b>GREY Senior</b> sessions as Double Sessions for an extra fee	7:00-8:30 am		<b>7:00-8:30 am</b> <b>Full Members ONLY</b> <i>(Limited dates)</i>	<b>3:10-4:00 pm</b> <b>Full Members ONLY</b> <i>(Extra fee applies)</i>	7:00-8:30 am
	4:00-5:05 pm	8:45-10:00 pm Stroking 8:45-9:00pm	6:20-7:20 pm	8:30-9:30 pm Stroking 8:30-8:45pm	
<b>Adult 18+ AdultSkate 60 minutes</b> Beginners through Advanced skaters Work at your own pace with group lessons taught by Skate Canada coaches	12:15-1:15 pm			10:15-11:15 am	
<b>Off-Ice Dance Class Level 2 Completed Level 1 or previous dance experience</b>	5:15 - 6:15pm				
<b>Off-Ice Dance Class Level 1 Ballet for Beginners</b>	6:25 - 7:25pm				
<b>Off-Ice Fitness Class All Figure Skating Levels</b>		5:00 - 6:00pm			
<b>Off-Ice Jump Class STAR 1 / STAR 2 / STARSkate Intermediate</b>				5:05 - 5:35pm	
<b>Off-Ice Jump Class STARSkate Senior and STARSkate Advanced</b>				5:35 - 6:05pm	