

North Toronto Skating Club

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

2021/22 Programs Overview as of November 22, 2021

Figure Skating & IntroSkate..... Sep 07, 2021 to May 19, 2022
Learn to Skate Sep 24, 2021 to May 19, 2022
Adult 18+ (Fall & Spring Sessions)..... Sep 27, 2021 to May 19, 2022
Off-Ice..... Sep 27, 2021 to May 16, 2022

PROGRAM INFORMATION & QUALIFICATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Learn to Skate Age 3 - 4 with Parent Parent & Tot 30 minute group lesson 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>	1:10 - 1:40 pm				
Learn to Skate Age 3 - 5 CanSkate A 30 minute group lesson Beginner to CanSkate Stage 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	1:10 - 1:40 pm	6:10 - 6:40 pm	4:00 - 4:30 pm	5:00 - 5:30 pm	5:15 - 5:45 pm 6:15 - 6:45 pm
Learn to Skate Age 6 - 9 CanSkate B 60 minute session Beginner through CanSkate Stage 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		6:10 - 7:10 pm	4:00 - 5:00 pm	5:00 - 6:00 pm	5:15 - 6:15 pm 6:15 - 7:15 pm
Learn to Skate Age 10 - 17 IntroSkate 60 minute session Beginner through CanSkate Stage 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
Figure Skating STAR 1 Passed CanSkate 6 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	4:15 - 5:15 pm
Figure Skating STAR 2 Completed STAR 1 15 minute stroking with a Skate Canada coach 15 minute group lesson with a Skate Canada coach 30 minute practice time (Private coaching recommended)	5:10 - 6:10 pm	5:10 - 6:10 pm		6:10 - 7:10 pm	4:15 - 5:15 pm
Figure Skating STARSkate Intermediate Completed any 2 of STAR 2 Free Skate (Solo and Elements) STAR 2 Skills STAR 3 Dance (A and B)	7:00 - 8:30am		7:00 - 8:30 am		7:00 - 8:30 am
	5:10 - 6:10 pm Stroking first 15 minutes	7:20 - 8:20 pm Stroking first 15 minutes	5:10 - 6:10 pm Stroking first 15 minutes	7:20 - 8:20 pm Stroking first 15 minutes	
Figure Skating STARSkate Senior Completed any 2 of STAR 4 Free Skate (Solo and Elements) STAR 5 Skills STAR 5 Dance (A and B) Double Sessions are not available for the 2021/22 Season.	7:00 - 8:30am		7:00 - 8:30 am		7:00 - 8:30 am
	4:00 - 5:00 pm	4:00 - 5:00 pm	6:20 - 7:20 pm	4:00 - 5:00 pm	
Figure Skating STARSkate Advanced Completed any 2 of STAR 5 Free Skate (Solo and Elements) STAR 8 Skills STAR 8 Dance Double sessions are not available. All Senior sessions are combined with other levels.	7:00 - 8:30 am		7:00 - 8:30 am	3:10 - 4:00 pm	7:00 - 8:30 am
	4:00 - 5:00 pm	4:00 - 5:00 pm	6:20 - 7:20 pm	4:00 - 5:00 pm	
		8:30 - 9:30 pm Stroking first 15 minutes		8:30 - 9:30 pm Stroking first 15 minutes	
Adult 18+ AdultSkate 60 minutes Beginner to advanced skaters Work at your own pace with group lessons taught by Skate Canada coaches	12:10 - 1:10 pm			10:15 - 11:15 AM	
Off-Ice Dance Class Level 2 Completed Level 1 or previous dance experience	To be Announced				
Off-Ice Dance Class Level 1 Ballet for Beginners	To be Announced				
Off-Ice Fitness Class All Figure Skating Levels	To be Announced				
Off-Ice Jump Class STAR 1 / STAR 2 / STARSkate Intermediate				To be Announced	
Off-Ice Jump Class STARSkate Senior and STARSkate Advanced				6:35 - 7:05pm	