



## Toronto Speed Skating Club: Learn to Speed Skate program 2018-2019

Speed skating is best enjoyed by skaters who have previously learned some of the basics of skating on hockey or figure skates. Although the club does not offer the most basic "learn to skate" programs (for those who have never skated), we do offer a **Learn To Speed Skate (LTSS)** program. Certainly, you do not need to have good technique before you come - we can help you develop that. If you are the kind of person who loves to do laps at public skate sessions at the local rink, take steps to free your inner speed skater! **All sessions take place at the MasterCard Centre Rink 1, 400 Kipling Ave, Etobicoke**

[Register now!](https://goo.gl/forms/088pVIXqGoYWyipq2) (<https://goo.gl/forms/088pVIXqGoYWyipq2>)

### 2018-2019 LTSS Schedule

#### Wednesdays for youth skaters age 6-17

Session #	Day	Time	Dates	# of weeks	Cost
1	Wednesday	6:45pm-7:45pm	Sept 12, 19, 26, Oct 3	4	\$140
2	Wednesday	6:45pm-7:45pm	Oct 10, 17, 24, Nov 7	4	\$140
3	Wednesday	6:45pm-7:45pm	Nov 14, 21, 28, Dec 5 <i>*Girls only!</i>	4	\$140
4	Wednesday	6:45pm-7:45pm	Jan 9, 16, 23, 30	4	\$140
5	Wednesday	6:45pm-7:45pm	Feb 6, 13, 20, 27	4	\$140
6	Wednesday	6:45pm-7:45pm	Mar 6, 13, 20, 27 <i>*Girls only!</i>	4	\$140

#### Sundays for youth skaters age 6-17

Session #	Day	Time	Dates	# of weeks	Cost
7	Sunday	3:15pm-4:15pm	Sept 16, 23, 30, Oct 7	4	\$140
8	Sunday	3:15pm-4:15pm	Oct 21, 28, Nov 4, 11	4	\$140
9	Sunday	3:15pm-4:15pm	Nov 18, 25, Dec 2, 9	4	\$140
10	Sunday	3:15pm-4:15pm	Jan 6, 13, 20, 27	4	\$140
11	Sunday	3:15pm-4:15pm	Feb 10, 17, 24, Mar 3	4	\$140
12	Sunday	3:15pm-4:15pm	Mar 10, 17, 24, 31	4	\$140

#### Sundays for adult skaters age 18+

Session #	Day	Time	Dates	# of weeks	Cost
13	Sunday	5:45pm-6:45pm	Sept 16, 23, 30, Oct 7	4	\$140
14	Sunday	5:45pm-6:45pm	Oct 21, 28, Nov 4, 11	4	\$140
15	Sunday	5:45pm-6:45pm	Nov 18, 25, Dec 2, 9	4	\$140
16	Sunday	5:45pm-6:45pm	Jan 6, 13, 20, 27	4	\$140
17	Sunday	5:45pm-6:45pm	Feb 10, 17, 24, Mar 3	4	\$140
18	Sunday	5:45pm-6:45pm	Mar 10, 17, 24, 31	4	\$140

### Equipment

LTSS cost includes rental of short track speed skates. Additionally, the participant **must** bring to the rink the following properly fitting safety equipment:

- Helmet (bike or hockey)
- Gloves (ideally cut-proof, but leather or hockey gloves are fine)
- Neck guard (bib style)
- Knee pads (inline skating or volleyball)
- Shin guards (soccer style and preferably without the under-foot strap)

### Questions?

Please contact the TSSC registrar at [TSSCregistrar@gmail.com](mailto:TSSCregistrar@gmail.com)

**Please note:** This program is **not** a custodial setting. As such, parents are required to stay at the arena during the sessions when their child is skating, in order to provide rink-side support in case of emergency. We kindly request the help of parents to put the mats on the ice at the beginning of the sessions.