



# TRY SPEED SKATING HERE IN TORONTO!

If you have the need for speed, you are at the right place. Come and try speed skating with the Toronto Speed Skating Club!

Register for our Learn to Speed Skate Program, scheduled to start in September 2014.

**\*\* Skates are provided for the duration of the Program \*\***

Our certified coaches provide an inclusive and exciting experience in which are taught the basics of speed skating and the fun of racing on skates, in a safe and supportive environment.

Learn-to-Speed-Skate Program Details Fall 2014				
<b>Who can join</b>	All ages (6+) Participants must already be comfortable with the basics of skating, i.e. push & glide and getting back up unassisted, <u>and be able to follow group instructions.</u>			
<b>Duration</b>	8 weekly 50-minute group instruction sessions			
<b>LOCATION 1 :</b> MASTERCARD CENTER - RINK 1 400 Kipling Avenue, Etobicoke	<b>Age</b>	<b>Day/Time</b>	<b>Start Date</b>	<b>End Date</b>
	12 years old or less	Wednesdays 5:45 pm - 6:50 pm	Sept. 10 <sup>th</sup>	Oct. 29 <sup>th</sup>
<b>LOCATION 2:</b> COMMANDER PARK ARENA 140 Commander Blvd, Scarborough	<b>Age</b>	<b>Day/Time</b>	<b>Start Date</b>	<b>End Date</b>
	12 years old or less	Saturdays 4:15 pm - 5:20 pm	Sept. 13 <sup>th</sup>	Nov. 15 <sup>th</sup> No ice Oct.18, Nov.1
	<b>Age</b>	<b>Day/Time</b>	<b>Start Date</b>	<b>End Date</b>
	13 years old or more	Sundays 5:00 pm - 6:00 pm	Sept. 14 <sup>th</sup>	Nov. 2 <sup>nd</sup>
	<b>Age</b>	<b>Day/Time</b>	<b>Start Date</b>	<b>End Date</b>
	13 years old or more	Thursdays 6:30 pm - 7:35 pm	Sept. 18 <sup>th</sup>	Nov. 6 <sup>th</sup>
<b>Cost</b>	\$300 - Includes skate rental, ice time and instruction			
<b>Required Equipment</b> (to be supplied by the participant)	Helmet (a bike or hockey helmet is fine) Gloves (ideally cut-proof but leather is fine) Neck guard (hockey neck guard is fine for LTSS) Knee pads (in-line skating or volleyball knee pads) Shin pads (soccer style shin pads are acceptable, preferably without the ankle protection)			

We offer winter programming should you wish to join the club following your introductory program. Our programming caters to youth and adults, as well as recreational and competitive skaters. **Note that skate rental is free of charge for the first season once you join the club.**

Looking forward to seeing you at the rink!

## HOW TO REGISTER

- 1) Please contact our Registrar at [TSSCregistrar@gmail.com](mailto:TSSCregistrar@gmail.com) to verify availability
- 2) Download and complete the LTSS Fall 2014 Registration Form
- 3) Send your completed form and your cheque of \$300 (payable to TSSC) by mail to: TSSC, 9 Ronan Avenue, Toronto, Ontario, M4N 2X8.

Registration will be confirmed via e-mail once your form and cheque are received.