

All About Skating

The City of Mississauga provides safe, secure, and adaptive skating programs designed to meet the needs of all participants. This document outlines key operational standards to assist parents and guardians in understanding our procedures. For further information, please contact your local community centre.

Proper Equipment Requirements

Skates

- Please watch these two videos if you are new to our skating programs
 - [Skate Video 1: Your Equipment](#)
 - [Skate Video 2: Your Skates](#)
- **Sharpening:** New skates must be sharpened before being used on the ice. Additionally, it is recommended that skates be resharpened at the beginning of each new skating session to ensure optimal performance and safety.

Helmet

- CSA-approved hockey helmets or approved figure skating helmets are a requirement.
- A cage is recommended to help prevent face injuries but not a requirement.

How to dress

- Wear gloves or mittens
- Wear snow pants, wind pants or shush pants. These are easy to move in and will ensure you stay comfortable if your pants become wet during the lesson.

Staying in the Arena

To ensure safety during lessons, parents and guardians must remain in the arena for the entire duration of the session. They may sit in either the warm or cold arena stands. This requirement is in place to provide immediate support in case of an emergency. Additionally, hockey benches (Home and Away) must always remain clear, as they serve as emergency exit routes.

Photography

To maintain privacy and respect for all participants and staff, please ensure that any photos or videos you take feature only your children/participants. Other individuals have not provided consent to be included in your pictures and recordings.

Report Cards

- Skating report cards differ significantly from other city programming report cards (example: swimming). In skating, participants develop individual skills within a level rather than mastering an entire level at once. During our programs, skaters may pass certain skills, while others may require additional practice. It is not uncommon for a skater to complete a session without passing any skills, as skating requires extensive practice over multiple sessions.
- Participants are required to bring their report card from the previous session to their next enrolled skating lesson.
- If you won't be there for the last class to receive your report card, please inform your instructor.
- Preschool and adult skating classes do not issue report cards.

Program Requirements

Ice Skating (ages 3-5 yrs with adult)

- An adult must accompany the child on the ice (one adult per child).
- The adult must be able to skate.
- Both the child and adult must wear a CSA-approved hockey or figure skating helmet along with skates.
- Please dress appropriately for the cold arena (mittens, long pants, long sleeves, coat, etc.).

Ice Skating (ages 4-5 yrs)

- This is a participation program; skaters are not evaluated. They will receive a participation button at the end of the program.
- CSA-approved hockey helmet or figure skating helmet is mandatory. Please bring your own skates.
- Please dress appropriately for the cold arena (mittens, long pants, long sleeves, coat, etc.).

Junior (ages 6-12 yrs)

- This program consists of eight levels, appropriate for both beginners and children that want to improve their skating.
- CSA-approved hockey helmet or figure skating helmet is mandatory. Please bring your own skates.
- Please dress appropriately for the cold arena (mittens, long pants, long sleeves, coat, etc.).

Intermediate (ages 7-18 yrs)

- Skaters must have completed Junior Level 8.
- CSA-approved hockey helmet or figure skating helmet is mandatory. Please bring your own skates.
- Please dress appropriately for the cold arena (mittens, long pants, long sleeves, coat, etc.).

Ice Skating (ages 13-17 yrs)

- For teenagers wishing to learn or improve their skating.
- CSA-approved hockey helmet or figure skating helmet is mandatory. Please bring your own skates.
- Please dress appropriately for the cold arena (mittens, long pants, long sleeves, coat, etc.).

Adults (ages 18+)

- For adults who want to learn or improve their forward skating, backward skating, turns and stopping.
- CSA-approved hockey helmet or figure skating helmet is mandatory. Please bring your own skates.
- Please dress appropriately for the cold arena (mittens, long pants, long sleeves, coat, etc.).

Ice Skating Adapted (ages 6-12 yrs)

- This program supports individuals with disabilities by providing tailored accommodations that enable participants to learn foundational skating techniques or build upon existing skills in a supportive and adaptive environment
- CSA-approved hockey helmet or figure skating helmet is mandatory. Please bring your own skates.
- Please dress appropriately for the cold arena (mittens, long pants, long sleeves, coat, etc.).

Ice Skating Adapted (ages 13+)

- This program supports individuals with disabilities by providing tailored accommodations that enable participants to learn foundational skating techniques or build upon existing skills in a supportive and adaptive environment
- CSA-approved hockey helmet or figure skating helmet is mandatory. Please bring your own skates.
- Please dress appropriately for the cold arena (mittens, long pants, long sleeves, coat, etc.).

Staff Qualifications

- All Learn to Skate Staff are certified in Emergency First Aid/CPR B.
- All Learn to Skate Staff are trained in [HIGH FIVE® Principles of Healthy Child Development](#).
- Additional skating experience, on-site, and city-wide training is provided for all staff.

Additional Questions

Please contact your local community centre or connect with our skate instructors on the first day for support throughout our program. Or check out our [skating and hockey website](#).