



Welcome to the 2025
SPRING season!

March 17th to May 10th

Here is a brief outline of the programs
we are offering this season.
There is something for everyone!

For full details and prices visit our website:

uxbridgeskatingclub.com

Facebook and Instagram pages:

facebook.com/UxbridgeSkatingClub

To register for a program, go to:

uxbridgesc.uplifterinc.com

Need to contact us?

Please send us an email at:

info@uxbridgeskatingclub.com

**“All It Takes Is a
Pair of Skates”**



Programs and Times:

Pre CanSkate

No skating experience is required.

Suggested age is 3+

Monday - 6:10 to 6:40 - 7 Classes

Wednesday - 6:10 to 6:40 - Classes

Sunday - 9:10 to 9:40 – 4 Classes

CanSkate

Minimal skating experience is required,
the suggested age is 3+

Monday - 6:00 to 6:50 – 7 Classes

Wednesday - 6:00 to 6:50 - 8 Classes

Sunday - 9:00 to 9:50 OR

10:00 to 10:50 – 4 Classes

CanSkate Plus

Completed Stage 3 CanSkate

Monday – 5:00 to 5:50 – 7 Classes

Wednesday – 5:00 to 5:50 – 8 Classes

Teen CanSkate/Adult CanSkate

No skating experience is required.

Teen skaters aged 12 – 17

Adult skaters age 18+

Sundays - 10:00 to 10:50 – 4 Classes

* Schedule is subject to change if
enrolment numbers are low

STARSkate

Off-ice training Thursdays, 5:00-5:30

Junior

Completed Stage 5 CanSkate

Monday - 4:45 to 5:50

Wednesday - 4:45 to 5:50

Thursday – 3:45 to 4:50

Intermediate

Completed all STAR 1 tests and
one complete STAR 2 test

Mon – 3:45 to 5:00 or 4:45 to 5:50

Wed – 3:45 to 5:00 or 4:45 to 5:50

Thursday – 3:45 to 4:50

Senior

Completed two STAR 5 tests or
one full STAR 6 test

Monday – 3:45 to 5:00

Wednesday – 3:45 to 5:00

Thursday – 3:45 to 4:50



**5% discount for multiple family
members**

15% discount for 2-day skaters

20% discount for 3-day skaters

Pre CanSkate

Pre CanSkate is a component of the CanSkate program. It is a readiness vehicle to prepare skaters for CanSkate. Pre CanSkate is geared toward skaters who need help standing and walking on ice with skates. Pre CanSkaters work on the very basics of skating. As soon as skaters are capable of doing the very basic skills, they are ready for our CanSkate session. Parents/Guardians will be notified if their skater is ready for CanSkate.

There are eight basic skills designed to ready Pre CanSkaters for the CanSkate program, they are:

1. Balance on 2 feet
2. Move forward
3. March around the spot
4. Jump on the spot
5. Fall down and get up
6. Move backward
7. Make snow
8. Two-foot twist on spot

**Jumpstart funding is available!
See our website for more information**



Giving kids a sporting chance.

CanSkate Teen CanSkate Adult CanSkate

CanSkate is Canada's flagship learn-to-skate program for beginners of any age that teaches fundamental movements and basic skills. Skaters are taught in a group lesson format by a NCCP certified professional coach. CanSkate is designed for future figure, hockey, ringette, speed, or recreational skaters. The CanSkate program curriculum is organized into three fundamental areas.

The 3 Fundamental Areas of CanSkate are:

- **Balance** - forward skills
- **Control** - backward and stopping skills
- **Agility** - turning and jumping skills

CanSkate Plus

CanSkate Plus is a program for higher levels of CanSkate. As CanSkaters move through the CanSkate stages the skills become more difficult and require more attention from the coaches. In CanSkate Plus the groups are no larger than 5 skaters to 1 coach. Skaters must have passed Stage 3 CanSkate to participate in CanSkate Plus.

STARSkate

STARSkate. Skills, Tests, Achievement, Recognition – this is what STARSkate is all about! STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and artistic skating. Skaters must have passed Stage 5 CanSkate to enter our STARSkate programs. Choose from our Junior, Intermediate and Senior programs.

Wondering how many days to skate?

Here is a **recommendation** of how many days a skater should skate to get the most out of their sport:

- Pre CanSkate – 1 day
- CanSkate – 1 to 2 days
- CanSkate Plus – 2 days
- Junior – 2 to 3 days
- Intermediate – 3 days
- Senior – 3 days or more if possible

Skate with
UX!