

## Welcome to the 2023 SPRING season!

Spring will start March 20 and end May 10<sup>th</sup>. **With an ice show on May 13<sup>th</sup>!**

Here is a brief outline of the programs we are offering this season.

**There is something for everyone!**

For full details visit our website at:  
[uxbridgeskatingclub.com](http://uxbridgeskatingclub.com)

Like us on Facebook:  
[facebook.com/UxbridgeSkatingClub](https://facebook.com/UxbridgeSkatingClub)

To register for a program, go to:  
[uxbridgesc.uplifterinc.com](http://uxbridgesc.uplifterinc.com)

Need to contact us?  
Please send us an email at:  
[info@uxbridgeskatingclub.com](mailto:info@uxbridgeskatingclub.com)

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

### Pre CanSkate

No skating experience required.  
Suggested age is 3+ (for skaters needing help standing and walking on ice)

**Monday - 6:10 to 6:40, 7 classes**  
**Wednesday - 6:10 to 6:40, 8 classes**  
**Sunday - 9:10 to 9:40, 4 classes**

### CanSkate

Minimal skating experience required,  
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, 4 classes**

### CanSkate Plus

Completed Stage 3 CanSkate  
**Monday – 5:05 to 5:50, 7 classes**  
**Wednesday – 5:05 to 5:50, 8 classes**  
**Sunday - 9:50 to 10:50, 4 classes**



### Teen CanSkate

No skating experience required.  
For skaters age 12 - 17  
**Sunday - 9:50 to 10:50, 4 classes**



### Adult CanSkate

No skating experience required.  
For skaters 18+  
**Sunday - 9:50 to 10:50, 4 classes**

## STARSkate

### Junior - Starts Sept. 7

Completed Stage 5 CanSkate  
**Monday - 4:50 to 5:50**  
**Wednesday - 4:50 to 5:50**  
**Thursday – 3:45 to 4:50**

### Intermediate – Starts Sept. 7

Completed all STAR 1 tests and  
one complete STAR 2 test  
**Mon – 4:00 to 5:05 or 4:50 to 5:50**  
**Wed – 4:00 to 5:05 or 4:50 to 5:50**  
**Thursday – 3:45 to 4:50**

### Senior – Starts Sept. 7

Completed two STAR 5 tests or  
one full STAR 6 test  
**Monday – 4:00 to 5:05**  
**Wednesday – 4:00 to 5:05**  
**Thursday – 3:45 to 4:50**



## 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 can do 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 information.**



## 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 be passed Stage 3 CanSkate to participate in CanSkate Plus.

## STARSkate

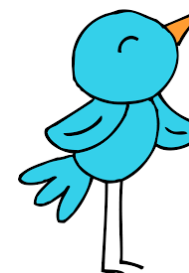
**STARSkate. Skills, Tests, Achievement, Recognition** – this is what STARSkate is all about! STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate, and artistic skating. Skaters must be passed Stage 5 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

*Come Skate with UX*



*this  
spring!*