



Welcome to the 2022 Spring Skating Season!

Uxbridge Skating Club can't wait to see you on the ice for spring.

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

For full details visit our website at:
uxbridgeskatingclub.com

Like us on Facebook:
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”**

All Programs begin the week of March 21st

Pre CanSkate

No skating experience required,
suggested age is 3+ (geared toward
skaters who need help standing and
walking on ice with skates)

Monday - 6:10 to 6:40
Wednesday - 5:10 to 5:40

CanSkate

Little to no skating experience required,
suggested age is 3+

Monday - 6:00 to 6:50
Wednesday - 5:00 to 5:50

CanSkate Plus

Completed Stage 3 CanSkate

Monday – 4:00 to 5:00
Wednesday – 4:00 to 4:50

Adult CanSkate

No skating experience required,
For skaters 16+

Wednesday - 6:00 to 6:50



Junior

Completed Stage 5 CanSkate

Monday - 4:00 to 5:00
Wednesday - 4:00 to 4:50
Thursday - 3:45 to 4:50 for March dates
then 4:30-5:50 for April and May dates

Intermediate

Completed all STAR 1 tests and
one complete STAR 2 test

Monday 4:45 to 5:50
Wednesday 5:50 to 6:50
Thursday - 3:45 to 4:50 for March dates
then 4:30-5:50 for April and May dates

Senior

Completed two STAR 5 tests or
one full STAR 6 test

Monday 4:45 to 5:50
Wednesday 5:50 to 6:50
Thursday - 3:45 to 4:50 for March dates
then 4:30-5:50 for April and May dates

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 information.**



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.

**COME SKATE WITH
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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 interpretive skating. Skaters must be passed Stage 5 CanSkate to enter our STARSkate programs. Chose 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

