



## Welcome to the 2025/26 season!

We are the Uxbridge Skating Club and can't wait to see you on the ice!

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](http://uxbridgeskatingclub.com)

Facebook and Instagram pages:  
[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"**

## Programs and Times:

### Pre CanSkate

No skating experience is required.

The suggested age is 3+

**Monday - 6:10 to 6:40**

**Wednesday - 6:10 to 6:40**

**Sunday - 9:10 to 9:40**

Fall starts Oct. 5 & Winter starts Jan. 4

### CanSkate

Minimal skating experience is required.

The suggested age is 3+

**Monday - 6:00 to 6:50**

**Wednesday - 6:00 to 6:50**

**Sunday - 9:00 to 9:50**

**Sunday - 10:00 to 10:50**

Fall starts Oct.5 & Winter starts Jan. 4

### CanSkate Plus

Completed Stage 3 CanSkate

**Monday - 5:00 to 5:50**

**Wednesday - 5:00 to 5:50**

Fall starts Sept. 3 & Winter starts Jan. 5

### Teen CanSkate/Adult CanSkate

No skating experience is required.

Teen skaters aged 12 – 17

Adult skaters age 18+

**Sundays - 10:00 to 10:50**

Fall starts Oct. 5 & Winter starts Jan. 4

## STARSkate

**Included - Off-ice for ALL STAR Skaters**

**Thurs. 5:00 to 5:30**

### Junior - Starts Sept. 3

Completed Stage 5 CanSkate

**Monday - 4:45 to 5:50**

**Wednesday - 4:45 to 5:50**

**Thursday - 3:45 to 4:50**

### Intermediate - Starts Sept. 3

Completed all STAR 1 tests and

One complete STAR 2 test

**Mon - 3:00 to 4:45 or 4:45 to 5:50**

**Wed - 3:00 to 4:45 or 4:45 to 5:50**

**Thursday - 3:00 to 4:50**

### Senior - Starts Sept. 3

Completed two STAR 5 tests or

One full STAR 6 test

**Monday - 3:00 to 4:45**

**Wednesday - 3:00 to 4:45**

**Thursday - 3:00 to 4:50**



**Special Offers For ALL!**

**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**



## 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 an 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 pass 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