



## Welcome to the 2024 **SPRING** season!

**March 18th to May 9<sup>th</sup>**

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.

Suggested age is 3+

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

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

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

### 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**

### CanSkate Plus

Completed Stage 3 CanSkate

**Monday – 5:00 to 5:50**

**Wednesday – 5:00 to 5:50**

### Teen CanSkate/Adult CanSkate

No skating experience is required.

Teen skaters aged 12 – 17

Adult skaters age 18+

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

\* Schedule is subject to change if  
enrolment numbers are low

## STARSkate

### 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**



## 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!