



Welcome to the 2019/20 season!

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

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"**

Programs and times:

Pre CanSkate

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

Sunday - 9:10 to 9:40

Monday - 6:10 to 6:40

Wednesday - 6:10 to 6:40

Fall starts Oct. 6 & Winter starts Jan. 5

CanSkate

No skating experience required,
suggested age is 3+

Sunday - 9:00 to 9:50

Monday - 6:00 to 6:50

Wednesday - 6:00 to 6:50

Fall starts Oct. 6 & Winter starts Jan. 5

CanSkate Plus

Completed Stage 3 CanSkate

Wednesday - 4:45 to 5:50 Starts Sept. 4

***Sunday - 9:50 to 10:50 Starts Sept. 8**

***Sunday includes an**

Off-ice class - 11:00 to 11:30

Fall starts Sept. 4 & Winter starts Jan. 5

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



Junior - Starts Sept. 4

Completed Stage 5 CanSkate

Monday - 4:45 to 5:50

Wednesday - 4:45 to 5:50

***Sunday - 9:50 to 10:50**

***Sunday includes an**

Off-ice class - 11:00 to 11:30

Intermediate – Starts Sept. 4

Completed all STAR 1 tests and
one complete STAR 2 test

Monday 3:45 to 5:00 OR 4:45 to 5:50

Wednesday 3:45 to 5:00 OR 4:45 to 5:50

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

***Thursday includes an**

Off-ice class - 5:00 to 5:30

Senior – Starts Sept. 4

Completed two STAR 5 tests or
one full STAR 6 test

Monday - 3:45 to 5:05

Wednesday - 3:45 to 5:00

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

***Thursday includes an**

Off-ice class - 5:00 to 5:30

Ballet for Skaters – Starts Sept.17

For CanSkate Plus, Junior,
Intermediate and Senior skaters

Tuesday – 5:30 to 6:30

At the Uxbridge Pool upstairs

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

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 6 skaters to 1 coach and the sessions are longer. Skaters must be passed Stage 3 CanSkate to participate in CanSkate Plus.

Ballet for Skaters

Ballet for Skaters is a specialty class designed to complement skating, with a variety of exercises conducted in a FUN and safe manner. The class format is ideal for skaters, in our CanSkate Plus, Junior, Intermediate, and Senior STARSkate programs and who are interested in:

- increasing their flexibility & strength
- improving posture and body awareness
- understanding musicality and movements to music
- proper stretching techniques
- developing character and facial expressions

Tights, socks or ballet slippers are the preferred footwear for this class.

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.

There is also a 30 min off-ice component that will be held at the arena following the sessions on Thursdays, for Intermediates and Seniors, and on Sundays, for CanSkate Plus and Junior skaters. The off-ice component is a good way to focus on techniques to apply on ice. It also helps skaters build strength and endurance. When ice time is at a premium off-ice classes are a valuable way to train your skills and get the most of your ice time. Please bring running shoes and a water bottle to off-ice classes.

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