



Welcome to the 2020/21 season!

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

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

Jumpstart funding is available!

**"All It Takes Is a
Pair of Skates"**

Programs and times:

CanSkate

MUST be able to get up and maneuver on own around ice.

Wednesday - 6:30 to 7:20

Sunday - 9:00 to 9:50

Monday - 6:30 to 7:20

Fall starts Oct. 14 & winter starts Jan. 3

Junior - Starts Oct. 14th

Completed Stage 5 CanSkate

Wednesday - 4:55 to 5:50

Sunday - 10:30 to 11:20

Monday - 4:55 to 5:50

Intermediate – Starts Oct. 14th

Completed all STAR 1 tests and one complete STAR 2 test

Wednesday 3:45 to 4:55 OR 4:55 to 5:50

Sunday - 10:30 to 11:20

Monday - 3:45 to 4:55 OR 4:55 to 5:50

Senior – Starts Oct. 14th

Completed two STAR 5 tests or one full STAR 6 test

Wednesday - 3:45 to 4:55

Sunday - 10:30 to 11:20

Monday - 3:45 to 4:55

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 the 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

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** to get the most out of your sport:

- CanSkate – 1 to 2 days
- Junior – 2 to 3 days
- Intermediate – 3 days
- Senior – 3 days or more if possible