We’re thrilled to welcome you to the **Winter 2025 CanSkate and Pre-CanSkate programs** at the Uxbridge Skating Club! We can’t wait to see all our skaters back on the ice, ready for another fun-filled season.

Our sessions kick off on **Sunday, January 5**, **Monday, January 6th**, and **Wednesday, January 8th** – so get those skates and helmets ready, and let the excitement begin!

To make sure you and your skater(s) gets the most out of their sessions, here are a few tips to keep things fun and safe:

* **Helmets on!** All skaters at or below Stage 5 must wear a **CSA-approved hockey helmet with a chin strap** (no bike or ski helmets, please!). While face cages are optional, we do recommend them for added safety.
* **Comfort is key** when it comes to skates! Toes should have a bit of wiggle room, and heels shouldn’t lift more than ¼ inch. Tuck in or tie any excess laces, and don’t forget to sharpen those blades!
* **Bundle up**! Most skaters feel cozy in snow pants and a fleece or winter jacket. **Layering** is a smart idea, and mittens or gloves are a must to keep those hands warm and safe.
* Be mindful of any **dangly bits** (like scarves, belts, or long drawstrings), as they can get in the way on the ice.
* **Knee pads** can be helpful, but make sure your skater can bend comfortably – they’ll need to bend those knees to get up and down.

Once you arrive at the rink, check the main lobby for your assigned dressing room. Then, enter **Pad One lobby**, where you’ll find name tags ready and waiting for each skater every time you skate. Please attach the name tag to your skater and if we did not collect it prior to your skater leaving the ice please return it to the table after the session.

* **CanSkaters (this includes Teen and Adults)** will enter the ice at the lobby end, and
* **Pre CanSkaters** will enter through the centre ice doors. From there, our amazing coaches and program assistants will take over, guiding your skater through a warm-up and group fun.

Now’s your chance to relax, we’ve got it from here! Please stay at the arena for safety reasons and pick up your skater at the same door where they entered once the session wraps up.

For safety, only registered volunteers can be on the ice with the skaters, no parents allowed on the ice. All our volunteers have been trained, screened, and insured through Skate Canada.

Got questions? We’re always here to help, so don’t hesitate to reach out!

We’re excited to see you at the rink!

**Uxbridge Skating Club**