

BRIDGEWATER FIGURES SKATING CLUB

WINTER SESSION 2025 - 2026

WE'RE MAKING SOME CHANGES!

WE'RE UPDATING THE NAMES OF OUR SKATING SESSIONS TO BETTER REFLECT WHAT SKATERS NEED AT EACH STAGE OF THEIR DEVELOPMENT — NOT THEIR AGE!

ALL SESSIONS ARE DESIGNED IN
ALIGNMENT WITH SKATE CANADA'S LONGTERM DEVELOPMENT MODEL, FOCUSING
ON BALANCED TRAINING, SKILL
PROGRESSION AND POSITIVE LEARNING
EXPERIENCES. EACH SESSION IS
STRUCTURED AROUND THE SKILLS AND
LEVEL OF COACH SUPPORT THAT BEST
HELP SKATERS PROGRESS — ENSURING
EVERY SKATER IS CHALLENGED,
SUPPORTED, AND DEVELOPING AT THE
RIGHT PACE FOR THEIR STAGE ON THE ICE.



NEED HELP?

Follow us on Facebook

Bridgewater Skating Club

Contact us

bridgewaterskatingclub@gmail.com

LEARN MORE ABOUT SKATE CANADA'S LONG TERM DEVELOPMENT MODEL HERES



https://skatecanada.ca/wpcontent/uploads/2025/03/L TD_ParentsGuide.pdf



MONDAYS

NOVEMBER 17, 24 DECEMBER 1, 8, 15, 22 JANUARY 5, 12, 19, 26 FEBRUARY 2, 9, 23 MARCH 2, 9, 23, 30 FRIDAYS

NOVEMBER 21, 28 DECEMBER 5*, 12, 19 JANUARY 2, 9, 16, 23, 30 FEBRUARY 6, 13, 20, 27 MARCH 6, 13, 27



Rising STARs

CanSkate Stages 4–6 (formerly called STAR Development)

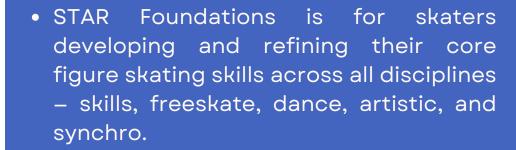
- Rising STARs is for skaters who have mastered the basics of CanSkate and are ready to explore the fundamentals of figure skating.
- This session focuses on confidence, fun, and movement while introducing fundamental figure skating skills through engaging group instruction and circuits.
- Skaters build the strength, balance, and control needed to enter the STAR pathway and continue developing a love for skating.

Mondays: 4:45 - 5:30



STAR Foundations

STAR 1 to 4 (formerly called Junior)



- Sessions combine large-group instruction with targeted individual lessons, ensuring skaters receive both the structure and feedback they need to strengthen foundational skills.
- Skaters work on edges, turns, spins, and jumps while learning performance and entry-level competitive skills.
- The focus is on progress, confidence, and efficient training habits, aligning with Skate Canada's Learn to Train model.

Mondays: 4:00 - 5:25 Fridays: 6:15 - 7:30



STAR 5+ & Podium Pathway (formerly called Senior)

- STAR Performance supports skaters who are refining advanced technical and performance skills and training independently with focused coaching support.
- This session emphasizes refinement, artistry, and competitive preparation, with opportunities for advanced testing, choreography, and competition at various levels.
- Training aligns with Skate Canada's Train to Train model, supporting ongoing growth in performance quality, goal setting, and athletic development.

Mondays: 6:30 - 8:00 Fridays: 3:45 - 5:15