

# BRIDGEWATER FIGURE 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 LONG-  
TERM 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.

LEARN MORE ABOUT SKATE  
CANADA'S LONG TERM  
DEVELOPMENT MODEL HERE:



[https://skatecanada.ca/wp-content/uploads/2025/03/LTD\\_ParentsGuide.pdf](https://skatecanada.ca/wp-content/uploads/2025/03/LTD_ParentsGuide.pdf)

## NEED HELP ?

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Bridgewater Skating Club

**Contact us**  
bridgewaterskatingclub@gmail.com



### 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)

- STAR Foundations is for skaters developing and refining their core figure skating skills across all disciplines – skills, freeskate, dance, artistic, and synchro.
- 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 Performance

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**