



Oshawa Skating Club

History of Success and a Future of Excellence

Adult Learn to Skate

What is the Adult Learn to Skate program?

Our Adult Learn to Skate program is for adult skaters who wish to learn to skate, or improve on their current skating ability. Skaters can choose to complete badge levels, or just skate for fun and fitness!

Where and When does it run?

Adult Learn to Skate sessions are currently offered only at Campus Ice Centre. Please see the current season's schedule for specific program times.

What should I wear?

We recommend that Adult skaters dress in comfortable clothes that are easy to move in. Many skaters like wearing jogging pants, yoga pants, or splash pants with warm fleece jackets or sweatshirts. Gloves or mittens are also recommended. Helmets are mandatory for all skaters until they have passed their Stage 5 badge.

Who teaches the program?

The Adult program is taught by Professional Coaches.

How Does a Typical Session Run?

1. When you first arrive at the arena, please check the monitor(s) at the arena to find the dressing room(s) that have been assigned to OSC.
2. Proceed to the dressing room to put on your skates and helmet.
3. All skaters line up at the entrance door to the ice surface.
4. You will be greeted at the ice surface door by one of our Coaches. During the Adult session there will be a group lesson provided by a Professional Coach, as well as additional time to practice.

There will be other programs on the ice running in conjunction with the Adult program.

How are ribbons and badges earned?

In the Adult program, skaters can work toward their Stages (1 to 6) if they wish, and badges are awarded at the completion of each Stage. In addition, each Stage is divided into the 3 *Fundamental Areas* with ribbons being awarded for each:

Agility 5 Ribbon + Balance 5 Ribbon + Control 5 Ribbon = Stage 5 Badge





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How do I get a private lesson?

The Adult Learn to Skate is a group lesson program. A Coach will provide group instruction, as well as provide individual feedback. If you wish to get additional instruction, you can contact one of our Coaches directly to book an extra lesson. Coaches vary in their rates, experience and qualifications. A list of current Professional Coaches affiliated with our club and their resumes, can be found on the Coaches page of our website www.oshawaskating.com.

What's after Adult Learn to Skate?

Once skaters complete their Stage 6 badge, they are eligible for our Adult Rec program where skaters can continue to advance through figure skating skills and begin testing and/or competing if they wish. At this point, you would need to select a private coach to work. Adult skaters may also choose to remain in the Adult Learn to Skate program.

Questions?

If you have any questions, please speak with the Coach before/after the session. If time doesn't permit, feel free to contact membersrep@oshawaskating.com.

