



Oshawa Skating Club

History of Success and a Future of Excellence

Adult Recreational Program

(For those with previous figure skating experience)

What is the Adult Rec program?

Our Adult Rec program is for former figure skaters who wish to skate for fun and fitness! They can select a one-day membership from an A, B, C or D session that they are qualified for based on their previously completed test levels.

Adult Rec skaters must be 16 years of age or older.

Where and When does it run?

StarSkate sessions are offered at Campus Ice Centre and Legends Centre. Please see the current season's schedule for specific program times and location.

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.

Who teaches the program?

The Adult Rec program is a self-directed program. If you wish to get lessons, you will need to contact a Coach. 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.

How Does a Typical Session Run?

During the Adult Rec program skaters will work independently. Some sessions may have time designated for Skills, Dance, Spin, Stroking, etc., which would be included in your club fees.

Questions?

If you have any questions, please e-mail us at membersrep@oshawaskating.com.

