



Sponsored By



2024 Summer Skating School

skateregina@myaccess.ca

6 Weeks - July 2nd to August 9th, 2024

(306) 586-4898

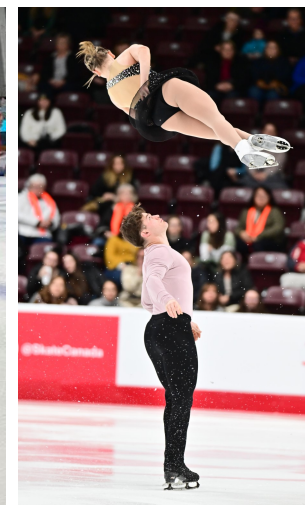
LOOKING FOR A PLACE TO?

- Fine tune your skating techniques or skills....
- Get an edge on the competitive season....
- Have fun while training in a world class facility....

LOOK NO FURTHER THAN THE SKATE REGINA SUMMER SCHOOL!



Training Centre for Skate Canada National & Provincial Champions



Skate Regina 2024 Summer School Schedule - WEEK 1

For the Week of: **July 2, 2024 (Tuesday)**

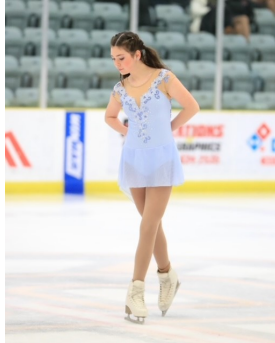
	Monday	Tuesday	Wednesday	Thursday	Friday	
9:00 AM	NO ICE	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	
9:15 AM						
9:30 AM		Flood				
9:45 AM		Int/Sr Group Class	Jr/Int Jump class 10:00-10:30	Int/Sr EDGE Class 10:00-10:30	Int/Sr SPIN Class	Jr/Int Jump class 10:00-10:30
10:00 AM						Jr/Int Freeskate 2 10:00-10:45
10:15 AM		Int/Sr Freeskate 1 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00	Int/Sr Freeskate 1 10:30-11:15	Jr Prep/Academy Off-ice 10:15-11:00	Flood
10:30 AM						
10:45 AM		Flood				
11:00 AM						
11:15 AM		Jr/Int Freeskate 2 11:15-12:00				Int/Sr Freeskate 1 11:00-11:45
11:30 AM			Inter/Sr Jump class 11:45-12:15	Jr/Int Freeskate 2 11:30-12:15	Inter/Sr Jump class 11:45-12:15	Flood
11:45 AM		Jr/Int Group Class				
12:00 PM		Flood				
12:15 PM		Open Freeskate 12:30-1:15		Jr/Int EDGE Class 12:15-12:45	Open Freeskate 12:30-1:15	Int/Sr Freeskate 2 12:00-12:45
12:30 PM						
12:45 PM		Flood	Sr/Pair Freeskate 1:00-1:45	Open Freeskate 1:00-1:45	Sr/Pair Freeskate 1:00-1:45	Flood
1:00 PM						
1:15 PM		Int/Sr Freeskate 2 1:30-2:15				Sr/Pair Freeskate 1:00-1:45
1:30 PM						
1:45 PM		Flood				
2:00 PM						
2:15 PM		Int/Sr Freeskate 3 2:30-3:15				
2:30 PM						
2:45 PM						
3:00 PM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM		Interm/Seniors Off-ice Level 10 3:45-4:45				
4:15 PM						
4:30 PM				Interm/Seniors Off-ice Level 10 3:45-4:45		
4:45 PM						



Skate Regina 2024 Summer School Schedule - WEEK 2

For the Week of: **July 8, 2024 (Monday)**

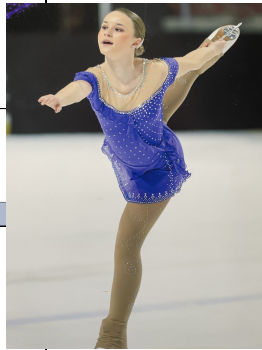
	Mon	Tue	Wed	Thu	Fri
9:00 AM	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45
9:15 AM					
9:30 AM	Flood				
9:45 AM	Int/Sr EDGE Class 10:00-10:30	Int/Sr Group Class	Int/Sr EDGE Class 10:00-10:30	Int/Sr SPIN Class	Jr/Int Freeskate 2 10:00-10:45
10:00 AM	Jr Prep/Academy Off-ice 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00	Flood
10:15 AM	Int/Sr Freeskate 1 10:30-11:15	Int/Sr Freeskate 1 10:15-11:00	Int/Sr Freeskate 1 10:30-11:15	Int/Sr Freeskate 1 10:15-11:00	
10:30 AM					
10:45 AM	Flood				
11:00 AM					
11:15 AM	Jr/Int Freeskate 2 11:30-12:15	Inter/Sr Jump class 11:45-12:15	Jr/Int Freeskate 2 11:30-12:15	Inter/Sr Jump class 11:45-12:15	Jr Prep/Academy Off-ice 11:00-11:45
11:30 AM					
11:45 AM	Jr/Int EDGE Class 12:15-12:45	Jr/Int Group Class	Jr/Int EDGE Class 12:15-12:45	Jr/Int Spin Class	Sr/Pair Freeskate 11:30-12:15
12:00 PM	Flood				
12:15 PM	Open Freeskate 12:30-1:15	Open Freeskate 12:30-1:15	Open Freeskate 12:30-1:15	Open Freeskate 12:30-1:15	Int/Sr Freeskate 1 11:45-12:30
12:30 PM					
12:45 PM	Flood				
1:00 PM	Open Freeskate 1:00-1:45		Open Freeskate 1:00-1:45		
1:15 PM					
1:30 PM	Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 2:00-2:45	Int/Sr Freeskate 2 1:30-2:15	Int/Sr Freeskate 2 1:30-2:15
1:45 PM					
2:00 PM	Int/Sr Freeskate 2 2:00-2:45		Int/Sr Freeskate 2 2:00-2:45		
2:15 PM	Flood	Sr/Pair Freeskate 2:15-3:00	Sr/Pair Freeskate 2:15-3:00	Sr/Pair Freeskate 2:15-3:00	
2:30 PM					
2:45 PM					
3:00 PM	Int/Sr Freeskate 3 3:00-3:45	Int/Sr Freeskate 3 2:30-3:15	Int/Sr Freeskate 3 3:00-3:45	Int/Sr Freeskate 3 2:30-3:15	Interm/Seniors Off-ice Level 10 3:00-4:00
3:15 PM					
3:30 PM					
3:45 PM					
4:00 PM		Interm/Seniors Off-ice Level 10 3:45-4:45			
4:15 PM					
4:30 PM					
4:45 PM					



Skate Regina 2024 Summer School Schedule - WEEK 3

For the Week of: July 15, 2024 (Monday)

	Mon	Tue	Wed	Thu	Fri
9:00 AM					
9:15 AM	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45
9:30 AM					
9:45 AM	Flood	Flood	Flood	Flood	Flood
10:00 AM	Int/Sr EDGE Class 10:00-10:30	Int/Sr Group Class	Int/Sr EDGE Class 10:00-10:30	Int/Sr SPIN Class	Jr/Int Freeskate 2 10:00-10:45
10:15 AM					
10:30 AM	Int/Sr Freeskate 1 10:30-11:15	Jr Prep/Academy Off-ice 10:15-11:00	Int/Sr Freeskate 1 10:30-11:15	Jr Prep/Academy Off-ice 10:15-11:00	Jr Prep/Academy Off-ice 11:00-11:45
10:45 AM	Junior/Intermediate DANCE 10:30-11:15		Junior/Intermediate YOGA 10:30-11:15		
11:00 AM					
11:15 AM	Flood				
11:30 AM	Jr/Int Freeskate 2 11:30-12:15	Intermed/Seniors Off-ice DANCE 11:30-12:15	Jr/Int Freeskate 2 11:30-12:15	Jr/Int Freeskate 2 11:15-12:00	Int/Sr Freeskate 1 11:45-12:30
11:45 AM					
12:00 PM				Inter/Sr Jump class 11:45-12:15	Junior/Intermediate Off-ice at PEAK 11:45-12:30
12:15 PM	Jr/Int EDGE Class 12:15-12:45		Jr/Int EDGE Class 12:15-12:45		
12:30 PM					
12:45 PM	Flood	Open Freeskate 12:30-1:15	Open Freeskate 12:30-1:15	Open Freeskate 12:30-1:15	Open Freeskate 12:30-1:15
1:00 PM	Open Freeskate 1:00-1:45	Sr/Pair Freeskate 12:45-1:30	Open Freeskate 1:00-1:45	Sr/Pair Freeskate 12:45-1:30	Open Freeskate 1:00-1:45
1:15 PM					
1:30 PM					
1:45 PM	Flood				
2:00 PM					
2:15 PM	Int/Sr Freeskate 2 2:00-2:45		Int/Sr Freeskate 2 2:00-2:45		Int/Sr Freeskate 2 1:30-2:15
2:30 PM					
2:45 PM					
3:00 PM		Interm/Seniors Off-ice Level 10 2:45-3:45		Interm/Seniors Off-ice Level 10 2:45-3:45	Interm/Seniors Off-ice Level 10 3:00-4:00
3:15 PM					
3:30 PM					
3:45 PM					
4:00 PM					
4:15 PM					
4:30 PM					
4:45 PM					



Skate Regina 2024 Summer School Schedule - WEEK 4

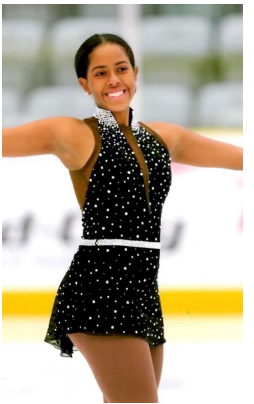
For the Week of: July 22, 2024 (Monday)

	Mon	Tue	Wed	Thu	Fri
9:00 AM					
9:15 AM	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45
9:30 AM					
9:45 AM	Flood	Flood	Flood	Flood	Flood
10:00 AM	Int/Sr EDGE Class 10:00-10:30	Int/Sr Group Class	Int/Sr EDGE Class 10:00-10:30	Int/Sr SPIN Class	Jr/Int Freeskate 2 10:00-10:45
10:15 AM					
10:30 AM	Int/Sr Freeskate 1 10:30-11:15	Jr Prep/Academy Off-ice 10:15-11:00	Int/Sr Freeskate 1 10:30-11:15	Jr Prep/Academy Off-ice 10:15-11:00	Jr Prep/Academy Off-ice 11:00-11:45
10:45 AM	Junior/Intermediate DANCE 10:30-11:15		Junior/Intermediate YOGA 10:30-11:15		
11:00 AM					
11:15 AM	Flood				
11:30 AM	Jr/Int Freeskate 2 11:30-12:15	Intermed/Seniors Off-ice DANCE 11:30-12:15	Jr/Int Freeskate 2 11:15-12:00	Jr/Int Freeskate 2 11:15-12:00	Int/Sr Freeskate 1 11:45-12:30
11:45 AM					
12:00 PM				Inter/Sr Jump class 11:45-12:15	Junior/Intermediate Off-ice at PEAK 11:45-12:30
12:15 PM	Jr/Int EDGE Class 12:15-12:45		Jr/Int EDGE Class 12:15-12:45		
12:30 PM					
12:45 PM	Flood	Open Freeskate 12:30-1:15	Open Freeskate 12:30-1:15	Open Freeskate 12:30-1:15	Open Freeskate 12:30-1:15
1:00 PM	Open Freeskate 1:00-1:45	Sr/Pair Freeskate 11:30-12:15	Open Freeskate 1:00-1:45	Sr/Pair Freeskate 11:30-12:15	Open Freeskate 1:00-1:45
1:15 PM					
1:30 PM					
1:45 PM	Flood				
2:00 PM					
2:15 PM	Int/Sr Freeskate 2 2:00-2:45		Int/Sr Freeskate 2 2:00-2:45		Int/Sr Freeskate 2 1:30-2:15
2:30 PM					
2:45 PM					
3:00 PM		Interm/Seniors Off-ice Level 10 2:45-3:45		Interm/Seniors Off-ice Level 10 2:45-3:45	Interm/Seniors Off-ice Level 10 3:00-4:00
3:15 PM					
3:30 PM					
3:45 PM					
4:00 PM					
4:15 PM					
4:30 PM					
4:45 PM					

Skate Regina 2024 Summer School Schedule - WEEK 5

For the Week of: **July 29, 2024 (Monday)**

	Mon	Tues	Wed	Thurs	Friday	
9:00 AM	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	NO ICE	
9:15 AM						
9:30 AM						
9:45 AM	Flood	Flood	Flood	Flood		
10:00 AM	Int/Sr EDGE Class 10:00-10:30	Int/Sr SPIN Class	Int/Sr EDGE Class 10:00-10:30	Int/Sr SPIN Class		Jr/Int Jump class 10:00-10:30
10:15 AM		Jr Prep/Academy Off-ice 10:15-11:00		Jr Prep/Academy Off-ice 10:15-11:00		
10:30 AM	Int/Sr Freeskate 1 10:30-11:15	Int/Sr Freeskate 1 10:15-11:00	Int/Sr Freeskate 1 10:30-11:15	Int/Sr Freeskate 1 10:15-11:00		
10:45 AM	Junior/Intermediate DANCE 10:30-11:15		Junior/Intermediate YOGA 10:30-11:15			
11:00 AM						
11:15 AM	Flood	Flood	Flood	Flood		
11:30 AM						
11:30 AM	Jr/Int Freeskate 2 11:30-12:15	Intermed/Seniors Off-ice DANCE 11:30-12:15	Jr/Int Freeskate 2 11:30-12:15	Intermed/Seniors Off-ice DANCE 11:30-12:15		Inter/Sr Jump class 11:45-12:15
11:45 AM						
12:00 PM						
12:15 PM	Jr/Int EDGE Class 12:15-12:45	Jr/Int Spin Class	Jr/Int EDGE Class 12:15-12:45	Jr/Int Spin Class		
12:30						
12:30	Sr/Pair Freeskate 12:30-1:15	Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15	Open Freeskate 12:30-1:15		Sr/Pair Freeskate 12:30-1:15
12:45 PM	Flood		Flood			
1:00 PM	Open Freeskate 1:00-1:45		Open Freeskate 1:00-1:45			
1:15 PM						
1:30 PM						
1:45 PM	Flood		Flood			
2:00 PM						
2:00 PM	Int/Sr Freeskate 2 2:00-2:45		Int/Sr Freeskate 2 2:00-2:45			
2:15 PM						
2:30 PM						
2:45 PM						
3:00 PM		Interm/Seniors Off-ice Level 10 2:45-3:45		Interm/Seniors Off-ice Level 10 2:45-3:45		
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						



Skate Regina 2024 Summer School Schedule - WEEK 6

For the Week of: **August 6, 2024 (Tuesday)**

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM		Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45
9:15 AM					
9:30 AM					
9:45 AM		Flood	Int/Sr EDGE Class 9:45-10:15	Flood	Flood
10:00 AM		Int/Sr Group Class	Jr/Int Jump class 10:00-10:30	Int/Sr SPIN Class	Jr/Int Freeskate 2 10:00-10:45
10:15 AM					
10:30 AM		Jr Prep/Academy Off-ice 10:15-11:00	Int/Sr Freeskate 1 10:15-11:00	Junior/Intermediate YOGA 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00
10:45 AM					
11:00 AM					
11:15 AM					
11:30 AM					
11:30 AM		Jr/Int Freeskate 2 11:15-12:00	Jr/Int Freeskate 2 11:15-12:00	Jr/Int Freeskate 2 11:15-12:00	Sr/Pair Freeskate 11:15-12:00
11:45 AM					
12:00 PM	NO ICE	Jr/Int Group Class	Inter/Sr Jump class 11:45-12:15	Jr/Int Spin Class	Inter/Sr Jump class 11:45-12:15
12:15 PM					
12:30 PM					
12:45 PM		Open Freeskate 12:30-1:15	Open Freeskate 12:30-1:15	Open Freeskate 12:30-1:15	Open Freeskate 12:30-1:15
1:00 PM					
1:15 PM					
1:30 PM					
1:45 PM		Int/Sr Freeskate 2 1:30-2:15	Int/Sr Freeskate 2 1:30-2:15	Int/Sr Freeskate 2 1:30-2:15	
2:00 PM					
2:15 PM					
2:30 PM					
2:45 PM					
3:00 PM			Interm/Seniors Off-ice Level 10 2:45-3:45	Interm/Seniors Off-ice Level 10 2:45-3:45	Interm/Seniors Off-ice Level 10 2:45-3:45
3:15 PM					
3:30 PM					
3:45 PM					
4:00 PM					



Skate Regina



Package Information and Fees

Registration fees will be derived by totalling the week and session rates then applying the applicable discount.

Weeks 2, 3 and 4 are five day weeks while weeks 1, 5 and 6 are four day weeks. Note, a \$60 registration fee will be added to the package fees.

All packages include:

- 1, 2 or 3 free skate sessions per day/per week purchased. Note, 3 session packages include 3 sessions on Monday thru Thursday and 2 sessions on Friday where applicable.
- For Junior/Intermediate and Intermediate/Senior skaters there will be two 45-minute off-ice training sessions per week (depending on the week).
- Additional off-ice sessions provided by Level 10, not included in these package fees, are offered. (Details are provided on the last two pages of the brochure).
- Two 30 minute edge classes per week (depending on the week).
- One 15 minute spin class per week and one 15 minute group session.

		Packages Offered					
		Weeks 2,3,4	Weeks 1,5,6	3 week discount	4 week discount	5 week discount	6 week discount
Sessions/day	Weekly Rate	Weekly Rate	12%	14%	16%	18%	
1	235.00	190.00					
2	315.00	250.00					
3	390.00	315.00					

Simulations:

- Simulations are offered on July 12th, 19th, and 26th
- Space is limited
- Cost is \$25 per simulation

Additional Information

Level of Skating Guideline

Junior/Intermediate: Star 2 to Pre-novice

Intermediate/Senior: Pre-novice and higher

Groupings:

Final groupings will be at the discretion of the summer school directors based on the number of skaters registered and coaching availability.

Coaching Staff: See Skate Regina website for details.

To Register

- ☞ Registration for Skate Regina members begins on April 13th at 8:00 AM and for non-members on April 15th at 8:00 AM.
- ☞ On April 13th, Skate Regina members will be sent a priority registration link to access the registration web page.
- ☞ On April 15th, registration opens to non-members and access to the web page can be found on the Skate Regina website under the registration link.
- ☞ For simulations, please add your skater to the waitlist for each simulation requested. Once the Summer School Directors fill the simulations, you will receive an invoice that can be paid online before the beginning of summer school. Refunds for simulations will only be given if another skater is able to take the spot.

Cancellation Policy

- ☞ The cancellation deadline is June 15th. After June 15th, refunds will be considered for medical reasons substantiated by a doctor's medical certificate. Requests must be received in writing. The \$60.00 administration fee will be withheld on all refunds.

Tuition Tax Credit

Effective January 2021, Skate Regina has been approved as an Educational Institution by the Minister of Human Resources and Skills Development Canada. This certification enables Skate Regina to issue a tuition tax credit receipt for amounts over \$100 in respect of students 16 years of age and older. This tuition tax credit is valid for programs that provide students with sufficient skills to work in, or improves that student's existing skills in an occupation. Social or recreational courses are not eligible for the Tuition Tax Credit.

Level 10 Off-ice Training Information

OFF-ICE TRAINING OPPORTUNITY

Skate Regina coach, Christine Laprairie, of Level 10 Fitness Regina, will be providing an in-person fitness training program for Skate Regina 2023 summer school skaters. All sessions will focus on improving strength, jump height, core, mobility, flexibility and balance.

Christine holds a Bachelor of Kinesiology in Human Kinetics degree. Christine is a part owner of Level 10 Fitness, National Strength and Conditioning Certified Specialist, Saskatchewan Sports Medicine & Science Consultant and works with many Skate Regina and Skate Saskatchewan figure skaters. See the following brochure page for instructions on how to register for Christine's off-ice sessions.



Level 10 Off-ice Training Opportunity

(Location, Schedules, Investment, Registration Instructions)

Intermediate/Senior Figure Skating Group - Tuesday/Thursday/Friday at 2121 Grant Rd. Level 10 Facility

- Tuesday 3:45 - 4:45 (July 2,9)
- Tuesday 2:45 - 3:45 (July 16,30 & August 6)
- Thursday 3:45 - 4:45 (July 4,11)
- Thursday 2:45 - 3:45 (July 18,25 & August 1,8)
- Friday 3:00 - 4:00 (July 5,12,19,26 & August 9)

Investment (Punch Pass Options):

- 5 punch pass = \$100 + tax (\$20/session)
- 10 punch pass = \$165 + tax (\$16.50/session)
- 12 punch pass = \$198 + tax (\$16.50/session)
- 16 punch pass = \$240 + tax (\$15/session)
- Drop in session = \$22 + tax

*Punch passes from Spring Level 10 training can be used

*Punch passes can also be used for August 12-31st sessions and September sessions as the punch passes do not expire.

****Skaters must PRE-REGISTER for classes taken at Level 10 as per the instructions below however, the a booking of specific dates cannot be done online. Please call or email Level 10 as explained below.**

Junior/Intermediate Figure Skating Group - Friday (all sessions at PEAK PERFORMANCE located on upper level at the Cooperators Arenas)

- July 5th and August 9th (11-11:45am)
- July 12,19,26 (11:45-12:30pm)

Investment: \$15 per session + tax

To Book/Register: 1. Create a level 10 account at <https://level10regina.com/waivers>; 2. Email Level10fitness@sasktel.net with athlete name and the dates they wish to register for, or call Level 10 at (306) 337-0010 to register. Payment is via credit card (on file or over the phone), e-transfer or payment at the front desk on the day of the first registered session.